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Tuesday



ALEX BRANDON/AP

The Apollo 11 astronauts in the Oval Office Monday.

Eyes on Mars: Astronauts call for trip to Red Planet | **3**

Mumbai Surprise: Guilty plea shakes up terror trial | **7**



Beat Breaks:
Keep working out while healing a fractured foot | **FIT**

lookout

Dark Shadows:

The success of 'Twilight' has helped urban fantasy take off. Plus, Paula Abdul's fate.

>> **23-31**



MIGUEL TOVAR/AP

Mexico Preps for Battle With Cartels

DRUG WARRIORS: Mexican soldiers stand in formation in Morelia, Michoacan state, Mexico, on Monday. More than 5,500 police, soldiers and navy personnel were ordered to the region after a drug cartel killed 20 officers last week. Meanwhile, the United States offered a \$50 million reward for the arrests of 10 top Mexican drug suspects accused of heavy trafficking in the U.S.

President Hits Back On Health

Obama responds to GOP critics: 'This isn't about me'

WASHINGTON | President Obama pushed back hard against Republican critics of his health care overhaul plan Monday, vowing to fight "the politics of the moment" but also giving ground on his tight timetable for passage of legislation.

"We can't afford the politics of delay and defeat when it comes to health care," Obama said after meeting with doctors, nurses and other health care workers at Children's National Medical Center.

Without mentioning his critic by name, the president recounted South Carolina Republican Sen. Jim DeMint's comment that stopping Obama's bid for health care overhaul could be the president's "Waterloo," a reference to the site of Napoleon's bitter defeat.

"This isn't about me," Obama said. "This isn't about politics. This is about a health care system that is breaking America's families, breaking America's businesses, and breaking America's economy."

Obama, calling for legislation by year's end, spoke after the chairman of the Republican Party, Michael Steele, called the president's push for health care overhaul "socialism," and accused him of conducting a risky experiment that will hurt the economy and force millions to drop their current coverage. (AP)



Obama

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WEDNESDAY
88/69



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ELVES Children Guaranteed Spots on 'Nice' List

While much of the annual Santa Claus World Congress is a joke, two of Santa's little helpers were completely serious when they exchanged vows in a civil ceremony Monday. The elf-eared Rune Hamrath Hansen kissed the bride, Sine Andersen, at a Christmas-theme wedding that opened the annual convention in an amusement park outside Copenhagen. Hansen, 28, proposed to 21-year-old Andersen during last year's edition of the summertime Christmas celebration. (AP)



BARRELS Surprise Inside!

A Queens man hired to remove material from a deceased artist's estate found artifacts worth thousands of dollars in a discarded barrel. Nick Dimola was hired in 2004 to take away unwanted material from the artist's home. Among the trash was a cardboard barrel, which Dimola stored in a warehouse. He recently opened the barrel to find some Mexican artifacts inside estimated to be worth more than \$16,000. (AP)

SNACKS Moon Pie Is Actually a Communist Hoax

NASA celebrated the 40th anniversary of man's first steps on the lunar surface with a giant moon pie. The concoction of marshmallow squeezed between two round graham crackers and dipped in chocolate is normally made in a hand-size portion. NASA's over-size treat was available a slice at

a time to visitors Monday to the Kennedy Space Center Visitor Complex in Cape Canaveral. The anniversary moon pie was 40 inches in diameter and 6 inches high, and weighed 55 pounds. That included 6 pounds of chocolate and 14 pounds of marshmallow. (AP)



SEAL REPELLENT Britney Spears Songs Also Work

A San Diego judge has ordered the seals out of the pool. The judge on Monday gave the city 72 hours to begin getting rid of harbor seals that have invaded an artificial cove at La Jolla Beach called the Children's Pool or face heavy fines. City officials say they plan this week to scare off the seals by broadcasting barking dog sounds. The plan could cost the city \$700,000. (AP)

NAMES "We get a couple of the same reactions. Usually, it's, like, 'Whoa, that's so awesome and totally different.'"

— KELLY HILDEBRANDT, A WOMAN, WHO IS MARRYING A MAN NAMED KELLY HILDEBRANDT. SHE SEARCHED FOR HER NAME ON FACEBOOK AND THOUGHT HE WAS CUTE.



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State Dept. Ramps Up Drug Effort

U.S. launches broad effort to dismantle a network of traffickers

NEW YORK | The Department of State offered up to \$50 million Monday for information leading

50

The total amount, in millions of dollars, the government is offering for tips on the 10 drug suspects.

to the arrests of 10 top Mexican drug suspects accused of key roles in a violent organization estimated to have sold more than \$1 billion worth of drugs in the U.S.

U.S. Attorney Benton J. Campbell said the reward money and federal charges were among the U.S. efforts to dismantle a drug trafficking organization known as the Company.

The government said it was offering up to \$5 million each for information leading to the arrests of 10 people, one of whom has been captured. Nineteen defendants have been charged in an indictment in federal court with drug trafficking-related crimes, and others are charged in indictments in federal court in Houston. (AP)

NASA's Destination Is Unknown

President sidesteps Apollo 11 crew's push for mission to Mars

WASHINGTON | The same question that could have been asked 40 years ago moments after Neil Armstrong stepped on the moon is still being asked today: Now what?

On the 40th anniversary of man's first moon landing, the Apollo 11 crew met with President Obama, who used the opportunity to talk about inspiration, and science and math education. He didn't talk about going anywhere in space, not the moon nor Mars.

Obama said he wanted to use Monday's anniversary of the Apollo moon landing to show that "math and science are cool again."

"The touchstone for excellence in exploration and discovery is always going to be represented by the men of Apollo 11," Obama said. He said their work sparked "innovation, the drive, the entrepreneurship, the creativity back here on Earth."

That's not what the men who



President Obama greets Apollo 11 astronauts Buzz Aldrin, left, Michael Collins, center, and Neil Armstrong at the White House.

went to the moon had in mind.

Earlier in the day, seven Apollo astronauts, including Apollo 11's Buzz Aldrin, used a news conference to talk about their desire to go to Mars and not linger on the moon as long as NASA plans.

"All of us here are pretty much convinced that Mars is a goal to

shoot for," said Tom Stafford, commander of Apollo 10, which orbited the moon.

On a day when everyone lauded NASA for landing on the moon and dreaming big, the space agency's overall plan for future exploration remained in a holding pattern — again.

Obama said he wanted to make sure that when another generation looks to the sky, NASA "is going to be there for them when they want to take their journey."

But he didn't say where that journey should go. And that's a bit of a shadow on NASA's day in the sun. SETH BORENSTEIN (AP)



POLITICS No Need to Find Her Voice Secretary of State Hillary Rodham Clinton is denying she's unhappy with her say in foreign affairs in the Obama administration. In a nationally broadcast interview that aired Monday morning, Clinton told ABC: "I broke my elbow, not my larynx." There has been speculation that Clinton was chafing over perceived competition in the national security area from other members of Obama's team. Clinton broke her elbow in a fall last month while on her way to the White House. (AP)

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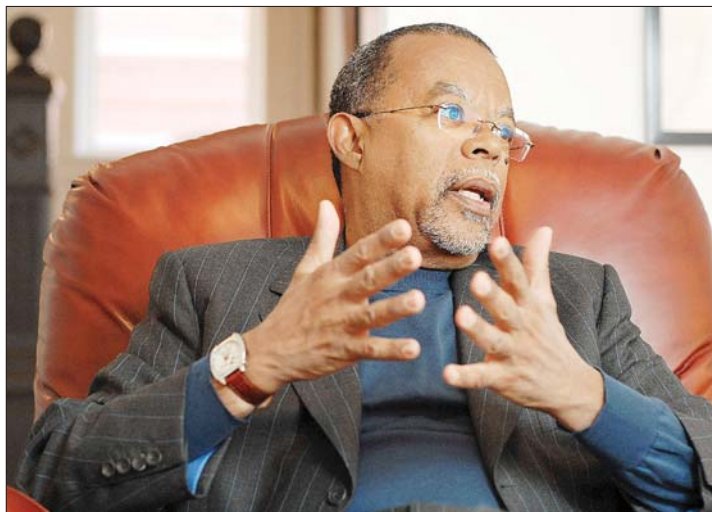
Scholar Sees Racism in His Arrest

Police appear as Gates tries to force open his door near Harvard

BOSTON | Henry Louis Gates Jr., the nation's pre-eminent black scholar, is accusing Cambridge police of racism after he was arrested while trying to force open the locked front door of his home near Harvard University.

Cambridge police were called to the home Thursday afternoon after a woman reported seeing a man "wedging his shoulder into the front door as to pry the door open," according to a police report.

An officer ordered the man to identify himself, and Gates refused, according to the report. Gates began calling the officer a racist and said repeatedly, "This is what happens to black men in America."



Henry Louis Gates Jr. accused police in Cambridge, Mass., of racism on Thursday, when he was arrested while he tried to get into his locked home near Harvard.

Officers said they tried to calm down the 58-year-old academic, who responded, "You don't know who you're messing with," according to the police report.

Gates was arrested on a disorderly conduct charge after police said he "exhibited loud and tumultuous behavior." He was released later that day, and his arraignment

“This is what happens to black men in America.”

— HENRY LOUIS GATES JR.
HE REPEATED THIS DURING HIS ARREST,
ACCORDING TO THE POLICE REPORT.

was scheduled for Aug. 26.

Many of Gates' black colleagues believe his arrest is part of a pattern of racial profiling in Cambridge, said Allen Counter, who has taught neuroscience at Harvard for 25 years.

Counter said Gates told him police continued to question him after he showed them his license and Harvard identification.

"They did not believe him when he said that he was in his own home," Counter said. "He was totally mistreated in this incident."

MELISSA TRUJILLO (AP)

Examiner Finds Alcohol in Slain McNair's Blood

NASHVILLE, TENN. | Authorities say former NFL star Steve McNair had a blood-alcohol level twice the legal limit when his girlfriend fatally shot him.



McNair

Tennessee Assistant Medical Examiner Feng Li said Monday that a toxicology report also showed a trace amount of marijuana in the body of Sahel Kazemi. Police say Kazemi, 20, shot McNair July 4 in Nashville before killing herself. Police say McNair was likely asleep when he was shot twice in the head and twice in the chest.

Li said there was no way to tell from the report how long before McNair's death he had been drinking. (AP)

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Hospital's 'Sorry' Success

Mich. facility has cut lawsuits by fessing up after mistakes in care

DETROIT | When a treatment goes wrong at a U.S. hospital, doctors usually fear they will be hit with a lawsuit.

At the University of Michigan Health System, however, lawyers and doctors say admitting mistakes up front and offering compensation before being sued have brought about remarkable savings in money, time and feelings.

"What we are doing is common decency," said Richard Boothman, the health system's chief risk officer.

The estimated \$5.8 billion

181,000

The number of people who are severely hurt each year in the U.S. as a result of mistakes at hospitals, according to Harvard professor David Studdert.

annual cost of malpractice claims nationwide has drawn scrutiny as President Obama and Congress plot an overhaul of the nation's \$2.4 trillion health care system.

Officials at the University of Michigan say their approach addresses doctor, patient and public concerns.

The willingness to admit mistakes goes well beyond decency and has proven a shrewd business strategy, according to an article in the Journal of Health & Life Sci-

ences Law by Boothman and four colleagues.

Boothman says malpractice claims against his health system fell from 121 in 2001 to 61 in 2006, while the backlog of open claims went from 262 in 2001 to 106 in 2006 and 83 in 2007.

As a result, costs are down, in part because admitting a mistake and paying up can save money that would have been spent on lawyers, and because the size of the compensation offered by the hospital can be less than an eventual court settlement.

Also, the fact that the hospital admits its mistakes and fights hard when it claims to not have made a mistake tends to discourage lawsuits. DAVID N. GOODMAN (AP)

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LIT UP: Firefighters sift through debris at a medical marijuana dispensary Monday. Fire Capt. Steve Ruda said the blaze was reported at 5:30 a.m., and it took 69 firefighters an hour to extinguish it. The cause of the fire is under investigation.



SPACE See All Your Favorite Craters! Google Inc. is offering a more wide-ranging view of the moon, 40 years after humans first landed there. To commemorate Monday's anniversary of the Apollo 11 crew's first steps on the lunar surface, Google Earth is adding a guided moon tour with astronauts Buzz Aldrin and Jack Schmitt, who was a pilot on the later Apollo 17 mission. (AP)

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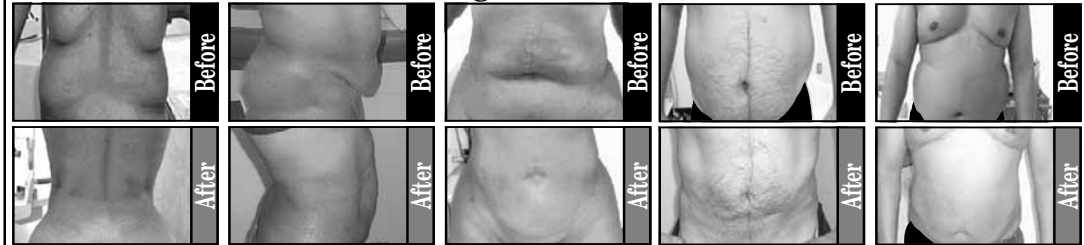
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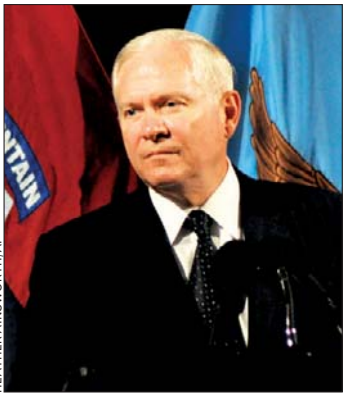
Army Will Expand Ranks by 22,000

Defense chief says
extra troops needed
to meet war demands

WASHINGTON | Defense Secretary Robert Gates announced Monday that the size of the Army will be increased temporarily by 22,000 soldiers to help meet the needs of the wars in Iraq and Afghanistan, and other missions around the world.

This is the second time since 2007 that the military has determined it doesn't have a large enough force. Gates had already increased the size of the Army and Marine Corps shortly after taking the Pentagon job.

Gates noted that while progress in Iraq will lead to a reduction in the number of troops there, more troops are needed in Afghanistan because of the worsening violence in that conflict. He said the persistent pace of operations in the two wars over several years has meant a steady increase in the number of troops who are wounded, stressed



Defense Secretary Robert Gates is expanding the size of the U.S. Army.

or otherwise unable to deploy with their units.

Also causing a shortage is the decision earlier this year to stop the unpopular practice of keeping troops beyond their enlistment dates, a practice known as "stop-loss."

"The cumulative effect of these factors is that the army faces a period where its ability to continue to deploy combat units [with enough troops] is at risk," Gates said. PAULINE JELINEK (AP)

63.6

THE PERCENTAGE OF eligible voters who turned out for the 2008 presidential election, down from 63.8 percent in 2004, according to Census figures. (AP)

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'Sir, I Plead Guilty to My Crime'

Suspected Mumbai gunman confesses to role in 2008 attacks

MUMBAI, INDIA | The lone surviving gunman in the Mumbai attacks made a surprise confession at his trial Monday, saying he was recruited by a militant group inside Pakistan after he left a low-paying job and went looking for training to become a professional robber.

The confession by Ajmal Kasab bolstered India's charges that terrorist groups in neighboring Pakistan were behind the well-planned attack, and that it is not doing enough to clamp down on them. The attack in which 166 people died severely strained relations and put the brakes on a peace process between the nuclear-armed enemies.

As part of the confession, Kasab described how he sprayed automatic gunfire at commuters while a comrade hurled grenades inside a railway station during one of India's worst terrorist acts.

"I was in front of Abu Ismail, who had taken such a position



People peer between barricades outside a bombproof courtroom in the jail in Mumbai, India, where gunman Ajmal Kasab is held.

that no one could see him," Kasab told the court. "We both fired, Abu Ismail and I. We fired on the public," he said, speaking in Hindi.

Kasab, 21, a Pakistani who had consistently denied a role in the November 2008 rampage, reversed himself without warning, shocking even his lawyer.

In a calmly delivered statement, Kasab described how the attackers were sent from Karachi, Pakistan, by four men — some of them known leaders with the Pakistan-based Islamic extremist group Lashkar-e-Taiba.

They traveled by boat, arriving



Ajmal Kasab walks in a Mumbai train station during the November attacks.

Nov. 26 in Mumbai, where they unleashed three days of mayhem. The 10 gunmen, armed with auto-

matic rifles and grenades, split into pairs and killed people at a railway station, a Jewish center, a hospital and two five-star hotels, including the Taj Mahal.

Kasab faces the death penalty if convicted on the charges of murder and waging war against the country.

As the 66th day of Kasab's trial started Monday morning, he stood up just as a prosecution witness was to take the stand and addressed the judge.

His words triggered a collective gasp in the courtroom: "Sir, I plead guilty to my crime." ERIKA KINETZ (AP)

Afghan Bomb Kills 4 Soldiers

Roadside blast makes July deadliest month for U.S. forces in war

KABUL | A roadside bomb killed four American soldiers in eastern Afghanistan on Monday, driving the July death toll for U.S. forces to the highest monthly level of the war.

The latest deaths brought to at least 30 the number of American service members who have died in Afghanistan this month — two more than the figure for all of June 2008, which had been the deadliest month for the U.S. since the 2001 U.S.-led invasion.

July's death toll for the entire U.S.-led coalition — which includes American, British, Canadian and other forces — stands at 55.

Outgoing NATO Secretary-General Jaap de Hoop Scheffer said Monday that terrorism would spread through the world if NATO forces fail in Afghanistan.

"Al-Qaeda would have a free run again, and their terrorist ambitions are global," he said in London. "Those who argue otherwise ... are simply burying their heads in the sand." ROBERT H. REID (AP)

6.5

THE APPROXIMATE LENGTH, in minutes, of a total solar eclipse that will be visible to millions of people across Asia on Wednesday. The once-in-a-lifetime event — the longest eclipse of the 21st century — will plunge vast swaths of India and China, the entire city of Shanghai, and southern Japanese islands into darkness for about 5 minutes. In addition, a partial eclipse will be visible throughout much of Asia. (AP)

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World

McCourt's 'Ashes'
Divides Irish City

Limerick residents disagree over veracity of author's memoir

DUBLIN | Bitterness over Frank McCourt's memoir "Angela's Ashes" still smolders in his hometown of Limerick. Residents of the western Irish city have never agreed whether his Pulitzer-winning account of childhood survival amid soul-crushing poverty was more fact than fiction.

Limerick City Hall opened a book of condolence in memory of its most famous writer Monday, the day after McCourt's death at age 78 and 13 years after "Angela's Ashes" put the city by the River Shannon on the literary map.

"The book was ... 80 percent true," said Tony Browne, a Limerick amateur historian. "Some people will keep saying it's all lies. They'll go to their deathbeds ... in denial."

The split in Limerick has long pitted a pro-McCourt majority —



Irish author Frank McCourt, shown in 2000, died at 78 Sunday in New York.

which views "Angela's Ashes" as an honest portrait of the poverty and smothering conservatism of bygone Ireland — against a vituperous minority. The critics charge McCourt with portraying his family as poorer than it really was.

Michael O'Donnell, a 70-year-old who runs "Angela's Ashes" walking tours of Limerick, said he grew up in the same tenement conditions as McCourt and believes the late author "shone a spotlight on a reality that people wanted to keep buried." SHAWN POGATCHNIK (AP)

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Oracle 11g Database Administration	Sep 28
Microsoft Project	Oct 07
MCSE Windows 2003	Oct 13
Web Design and Developer	Oct 17
Certified Ethical Hacker	Oct 17
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U.S., India Bolster Ties

Clinton says nations will expand defense, civilian nuclear sales

NEW DELHI | Setting a new path for cooperation with India, Secretary of State Hillary Rodham Clinton said Monday the two nations agreed on ways to expand U.S. defense and civilian nuclear sales, while acknowledging "different perspectives" on other issues such as climate change.

Clinton and Indian Foreign Minister S.M. Krishna, in a joint appearance after a day of high-level talks, pledged that future U.S.-Indian discussions would



India's foreign minister, left, shakes hands with Hillary Clinton in New Delhi.

encompass a wider scope of issues to include energy security, education, agriculture reform and counterterrorism.

"We will work not just to main-

tain our good relationship, but to broaden and deepen it," she said at an evening news conference. "And to that end, our governments have agreed to a strategic dialogue," Clinton said. She said that would include not just government officials but also business leaders, scientists, social activists, academics, leaders of charitable foundations, educators and entrepreneurs.

Krishna said the two reaffirmed a commitment to "resist the threat from the scourge of terrorism."

The expressions of goodwill on both sides stand in contrast to sharp differences on carbon emissions, which were expressed on Sunday. (AP)

INDONESIA | BOMB VICTIM IS LAID TO REST



SOMBER MEMORIAL: Relatives of Indonesian blast victim Evert Mocodompis arrange flowers on his coffin at his funeral Monday in Jakarta, Indonesia. Mocodompis, 38, had become the father of a second child the day before he was killed in one of two Jakarta hotel bombings on Friday that killed seven.

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Robert Kiyosaki will not attend this event.

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Foreclosed Homes Are Going Fast

The housing bust is now a boom in some parts of the country

PHOENIX | Each time Lance and Kelli Thorson thought they had found their first home, someone would outbid them. It's already happened at least 15 times.

That wasn't how it was supposed to be in a depressed housing market such as Phoenix. Buyers are supposed to be able to walk in and get pretty much whatever kind of house they want. Now, the Thorsons have taken up a tactic not seen since the heydays of the housing bubble — they are making offers on homes before they've seen them, as many as three per day.

"It's frustrating because we've jumped through all the hoops and there still isn't a reward," Kelli Thorson said.



After months of frustration, first-time home buyers Lance Thorson, middle, and Kelli Thorson, left, are making offers on houses in Phoenix before they see them.

In Phoenix and other areas of the nation saturated with foreclosed homes, low prices for bank-owned properties are sparking bidding wars that drive up sale prices,

entice investors and frustrate traditional buyers who make offers and still can't land a home.

Experts say the environment is strikingly similar to that of the

height of the real estate bubble.

"This market is about as abnormal as the hypermarket that we came out of a few years ago," said

\$125K

The median list price of houses in the Phoenix area in June, down from a peak of nearly \$265,000 three years ago.

Jay Butler, director of the Realty Studies program at Arizona State University.

Just as they did during the boom, investors are stocking up on homes, driving up prices and forcing buyers out, Butler said.

Las Vegas real estate agent Jonathan Abbinante said he has clients who are making three offers a day on homes they've never seen. "I sell homes right over the Internet," he said. "That's what I did in 2004." JONATHAN J. COOPER (AP)

In Brief

WASHINGTON

CIT Group Strikes Deal, Avoids Bankruptcy for Now

The board of CIT Group Inc., one of the largest U.S. lenders to small and midsize businesses, approved a deal with major bondholders to keep the company out of bankruptcy, said two people briefed on the talks. CIT will receive a rescue loan from key bondholders hoping to keep it alive long enough to restructure its debt. The deal will not necessarily prevent a bankruptcy filing for the firm in the long term. (AP)

TRENTON, N.J.

Wyeth Shareholders Vote In Favor of Pfizer Buyout

Shareholders of drugmaker Wyeth on Monday voted overwhelmingly to be bought by industry giant Pfizer Inc., pushing aside one of the deal's final hurdles. More than 98 percent of Wyeth stockholders voted for the \$68 billion acquisition. The deal transforms Pfizer from being primarily a maker of pills to a one-stop shop for medical treatments. (AP)



ENTERTAINMENT Sony Bids \$50M for Jackson Film Sony Corp.'s movie studio has bid \$50 million to acquire the worldwide distribution rights to a film based on rehearsal footage for Michael Jackson's "This Is It" comeback concert series, according to a person familiar with the bid. The person said the bid came after several studios — including Paramount, Universal, 20th Century Fox and Warner Bros. — were shown footage last week. The winning studio will produce the film with Jackson's concert promoter, AEG Live, and his estate. (AP)

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High Blood Pressure Increased Risk in Minorities

Research shows that high blood pressure is often more common in minority groups and starts at an earlier age. When left uncontrolled, high blood pressure can lead to stroke, heart attack and kidney disease.

Physicians are conducting a clinical trial to evaluate the investigational use of three approved medications in various combinations to lower high blood pressure. To qualify for the study you must be a minority patient with high blood pressure.

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Local

Key Dem Backs McDonnell

BET founder, Kaine donor endorses Va. GOP gov. candidate

Sheila Johnson, the founder of Black Entertainment Television and the former chairwoman of Democratic Virginia Gov. Timothy M. Kaine's inaugural committee, crossed party lines Monday to endorse Republican Bob McDonnell as Kaine's successor, arguing that McDonnell would do a better job of spurring economic development in Virginia.

Her nod comes as McDonnell and Democratic gubernatorial candidate state Sen. R. Creigh Deeds

compete furiously to capture support from Virginia's moderate business community. It is a constituency that was lured from the GOP by former Gov. Mark Warner,



Johnson

who convinced executives that he would bring his business acumen — honed in Virginia's telecommunications industry — to efficiently manage state government.

Johnson, who has been Kaine's second-largest individual donor and has contributed more than \$600,000 to Kaine since 2000,

said her decision came after meeting with both Deeds and McDonnell and coming to the conclusion that McDonnell would be more likely to right Virginia's ailing economy.

"I know them both well, and I just want to say from the very beginning, Bob McDonnell has had his pulse on the state of the economy that's facing Virginia right now. He understands that we need jobs, jobs, jobs," Johnson said. "I have been a lifelong Democrat — I will always be a Democrat — but as a Democrat, I am really impressed with this Republican candidate." ROSALIND S. HELDERMAN

(THE WASHINGTON POST)

D.C. Adoptions Drop Precipitously

Critics: CFSA is not doing enough to place children permanently

WASHINGTON | Adoptions in the District of Columbia have fallen sharply after some recent improvement, and critics say the city's Child and Family Services Agency is not doing enough to get foster children into permanent homes.

Just 68 children were adopted in the first nine months of the fiscal year. That means the city is unlikely to reach last year's total of 119, which was less than a quarter of the approximately 500 children eligible for adoption.

Four years ago, 314 children — almost half of those eligible



A CASA for Children display on the National Mall last year used cutouts to represent youth in foster care. Just 68 children have been adopted in D.C. so far this year.

— were adopted during a major push to reform the system.

"It's taking the district far too long to find permanent homes for children in foster care," said

Priscilla S. Skillman, who monitors the foster care system for the Council for Court Excellence, a nonpartisan advocacy group. (AP)

The Lotteries

Monday, July 20

DISTRICT

Mid-day Lucky Numbers	0-5-4
Evening Lucky Numbers (Sun.)	8-6-9
Mid-day DC 4	1-8-9-3
Evening DC 4 (Sun.)	4-0-6-9

Rolling Cash Five (Sun.)	4-0-1-1-9
Daily 6 (Sun.)	3-10-13-21-27-39 (29)

MARYLAND

Mid-day Pick 3	5-7-2
Evening Pick 3 (Sun.)	6-4-7
Mid-day Pick 4	2-1-2-6
Evening Pick 4 (Sun.)	3-0-2-7
Match 5 (Sun.)	11-26-28-34-38 (14)

VIRGINIA

Mid-day Pick 3	5-3-1
Evening Pick 3 (Sun.)	3-1-2
Mid-day Pick 4	7-0-1-5
Evening Pick 4 (Sun.)	2-1-8-7
Mid-day Cash 5 (Sun.)	3-12-13-19-23
Evening Cash 5 (Sun.)	3-4-18-21-30

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Life Begins Anew for Freed Vick

NFL future remains murky after federal sentence is completed

NFL | Michael Vick was released from federal custody Monday, intensifying the debate about whether he should be permitted to return to the NFL after serving a nearly two-year sentence for his role in a dogfighting operation in Virginia.

A former standout quarterback for the Atlanta Falcons, Vick remains on indefinite suspension by the NFL, and Commissioner Roger Goodell has not given a timetable for ruling on Vick's possible reinstatement.

Vick also is without a team after being released by the Falcons, and he was out of the NFL for two full seasons while serving his federal prison sentence in Leavenworth, Kan., and being in home confinement in Hampton, Va.

Those in and around the NFL wonder what sort of player Vick, 29, would be at this point, and it's unclear whether any teams are interested in signing him if he were reinstated by Goodell.



Former NFL quarterback Michael Vick, left, arrives at federal court with his attorney Larry Woodward in Norfolk, Va., Monday.

"You really don't know about the two years off because there's basically never been anyone who's been in that position," former NFL coach Dan Reeves, who coached Vick with the Falcons, said in a telephone interview Monday.

"The difficult thing for him will be finding someone to give him a chance. My hopes are that somebody will ... because he was such an exciting player."

Goodell, who suspended Vick prior to the 2007 season, has said

in recent months that he would not begin the decision-making process until after Vick's legal case concluded. He has said that Vick must demonstrate genuine remorse to be reinstated.

MARK MASKE (THE WASHINGTON POST)

Swengali

SPORTS RADIO | BY MATT SWENSON

Listeners Will Follow Redskins

SPORTS ARE all about competition. So, it makes sense that a little competition among sports radio stations would be a good thing in the nation's capital.

On Monday, venerable WJFK officially changed formats to challenge SportsTalk 980, the industry standard in D.C.

Redskins owner Dan Snyder decided to challenge 980 in 2006 with his Red Zebra Broadcasting before buying 980 last year. As he promised, the Danny has basically let hosts bash — sometimes at will — his beloved Redskins, though

As promised, the Danny has let hosts bash his beloved Redskins.

some local favorites such as Al Koken were let go in cost-cutting maneuvers.

By virtue of Snyder's involvement, 980 will always have more access to the Redskins, and rights to broadcast all of their games. That's the big kahuna in Washington.

The new 106.7 seems to be trying to grab the rest of the area's teams and already locked in the Wizards. Not wanting to ignore the Redskins, the Fan — as it is regrettably known — hired former star linebacker LaVar Arrington for the 2-6 p.m. slot.

But the big edge the new station has is the Sports Junkies, who are the best in show in D.C. sports talk land.

Nevertheless, look for the station that has the Redskins to win every time. Other teams' games are great, but isn't that what satellite radio is for?



To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Langhorne Fills Middle for Mystics

Guard-heavy squad counts on ex-Terp for muscle in the paint

MYSTICS | The Mystics have risen from the WNBA's cellar to respectability as a slightly undersized, guard-dominated team led by the fast-breaking tandem of point guard Lindsey Harding and shooting guard Alana Beard.

On this guard-heavy squad,



Forward Crystal Langhorne cracked the Mystics' starting lineup this week.

second-year power forward Crystal Langhorne is the rare player who doesn't need to dribble to help her team. She has rapidly developed into the Mystics' best inside option, averaging 11 points a game on 56 percent shooting. Most impressive, Langhorne is third in the WNBA with 7.8 rebounds per contest.

The former Maryland Terrapins star has scored far more this year by using a newly-perfected mid-

range jumper. "I'm not shooting jumpers off the dribble — that's not my game," Langorne said.

Washington (7-6) will be counting on Langhorne's steady hand Tuesday night against the first-place Indiana Fever. At 11-3, Indiana has emerged as the team to beat in the WNBA's Eastern Conference.

When asked to savor a win over the New York Liberty on Sunday night, Mystics coach Julie Plank pivoted the question forward. "We'll get our test on Tuesday," she said. "Indiana's a very good team." TIM FOLLOS

SHAQ Star, Wars Shaquille O'Neal would deluge Michael Phelps in a cannonball competition. What about a race across the pool? We'll see. The NBA superstar will star in "Shaq Vs.," a TV series in which the All-Star center will challenge top athletes in their respective sports. During one episode, which debuts on Aug. 8 on ABC, Shaq will swim against Olympic superstar Phelps. O'Neal also will try his football skills against Steelers quarterback Ben Roethlisberger, box Oscar De La Hoya and trade tennis volleys with Serena Williams. (AP)



United Weighs Risks vs. Rewards

Playing stars would aid bid for U.S. Open Cup, but at what cost?

UNITED | Generally, an MLS club's interest in the U.S. Open Cup develops only if it advances. Young players and reserves appear in the early rounds, and elimination is regarded as a minor embarrassment that fades quickly as the season moves forward.

But when the rewards for winning American soccer's oldest competition are within reach, teams tend to get serious. A big silver trophy, the prize money and a Champions League berth usually entice coaches to field key starters even as

the schedule gets more crowded.

For D.C. United however, it's not that simple. After negotiating four rounds with a lineup largely devoid of regulars, coach Tom Soehn has some tough choices to make ahead of Tuesday night's semifinal in Germantown, Md.

The opponent, the second-division Rochester Rhinos, have eliminated plenty of MLS rivals over the years and remain the only minor-league side to have won the Cup (1999) since MLS launched. Meanwhile, D.C. has its title to defend and must consider the Cup the most likely path to international play in 2010.

"Guys want to regain the championship, compete and get that sec-



RICHARD A. LIPSKIT/WP

Saturday's difficult win may force D.C. to sit stars such as Luciano Emilio, left.

ond title in a row. And there's money involved," Bryan Namoff said.

But D.C. is relatively thin right

now. Clyde Simms was hurt in Saturday's hard-fought win over Colorado; Jaime Moreno and Luciano Emilio just returned from injury and may not be ready to play again so soon; Ben Olsen went 90 minutes; and Dejan Jakovic is being rested after Gold Cup duty with Canada.

Are the rewards worth the risk of using tired legs?

"We've always said we're building a deep team, so the guys who didn't have minutes [on Saturday] are going to be the focus of Tuesday's game," Soehn said. "And, still, with some guys missing, we're going to have to manage it, and some guys are going to have to double up." BRIAN STRAUS

Source: Ex-MVP Nash, Suns OK \$22M Extension

NBA | A person close to the negotiations says Steve Nash and the Phoenix Suns have agreed on a two-year, \$22 million contract extension.

The person confirmed the agreement on Monday, requesting anonymity because the official announcement hadn't been made by the Suns' front office.

The deal will keep the two-time MVP point guard under contract with the Suns through the 2011-2012 season.

The 35-year-old Nash had one year left on his contract that would pay him \$13 million next season. (AP)



Nash

105

THE RANKING OF Tom Watson in the Official World Golf Ranking after finishing second at the British Open. Before his near-miss of a historic win, the 59-year-old golfing legend had been ranked 1,374th. The 1,269-spot jump in one week is the largest since the ranking began, in 1986, ESPN.com reported on Monday. Watson has not made the cut at a PGA Tour event since the AT&T Pebble Beach Pro-AM in 2007.

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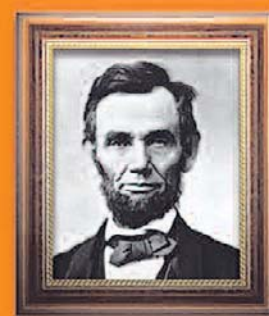
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Sports

Contador Wary of Tour Rivals, Not Armstrong

CYCLING | The tension with Lance Armstrong is all but gone in the crisp mountain air, and the line of authority is clear. Now, Alberto Contador wants to concentrate on those teams intent on seizing his Tour de France lead.

Contador, the 2007 Tour champion, said his lead over other contenders "looks good" so far, but cautioned: "It's not done yet; we still have a hard week left to go."

Armstrong, the seven-time champion who returned to the race after 3½ years of retirement, is in second overall — 1 minute, 37 seconds behind his Astana teammate.



Armstrong



Contador

The 37-year-old Texan has conceded that his chances of victory on the Champs-Elysees in Paris on Sunday are slim. He pledged to be a faithful support rider for Contador. "Yesterday, he gave me his support, and I believe him," Contador told a news conference during Monday's rest day. (AP)

TODAY'S TV LINEUP

NATIONALS (7 P.M. ON MASN2) Often compared to the 1962 Mets, the Nats face the modern-day New Yorkers.

ORIOLES (7 P.M. ON MASN) The O's are in the Big Apple to face the other New York team, the Yankees.

CYCLING (6:30 A.M. ON VERSUS) After a second rest day, the Tour de France resumes with the 16th stage.

SOCCER (11 P.M. ON ESPN2) Chelsea plays Inter Milan in the World Football Challenge in Pasadena, Calif.

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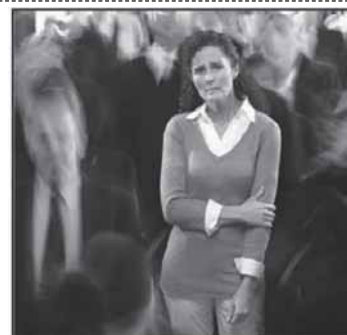
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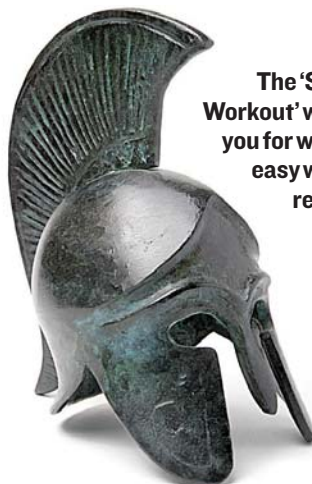
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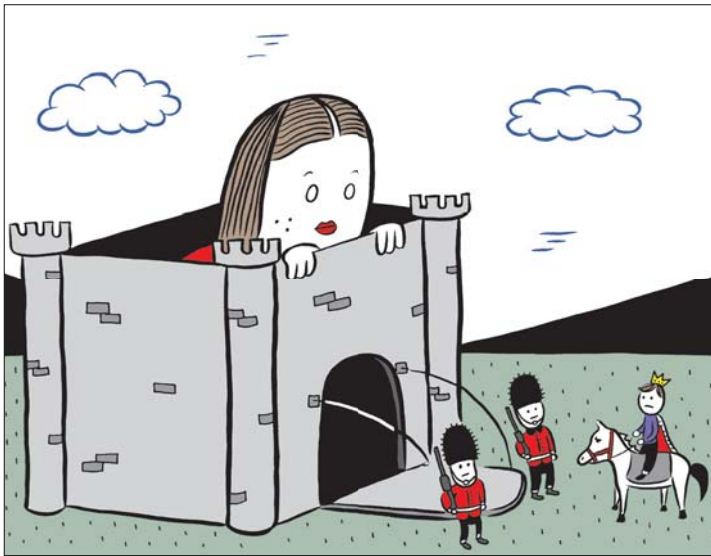
GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Breaking Down The Walls of Your Heart

Q Twice I've been with guys who have been great — the total package, cared about me, understood me, wanted to move toward marriage. Both times I pushed them away. I shut them out of all the important events in my life, I hurt them and made them guess about what I was feeling until they gave up, and then I ended it. And these are just the two men who got closest. Plenty more I push away by disappearing after the third or fourth date. Please tell me there's hope.

— COMMITMENT PHOBE TO THE FULLEST

Trust me, if I can finally get Led Zeppelin's "The Crunge" out of my head, there's hope for anyone to do anything.



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You've realized what your issue is. That's a start, and a huge one at that. Now you just have to figure out why it happened and how to stop it. In a word: therapy.

People push others away for all kinds of reasons — fear of getting

hurt (often connected to real hurt they've suffered), confusion about what they want and need, and not feeling like they deserve happiness are quite popular.

That said, the goal shouldn't be to settle. No one knows for sure

whether these guys were perfect for you — it takes more than being the "total package." But trust your gut. Most likely there's a pattern of self-sabotage here that could use some professional help.

Father Doesn't Know Best Here

Q My dad has serious issues — rage, drinking, problems holding jobs. He and my mom divorced 20 years ago, when I was young. She remarried but has since divorced. My father never remarried and has lived his life bitter, angry and alone. Recently, he's gotten it in his head that he is still "right" for my mother. They have not seen each other in seven or eight years, and I guarantee that she wants nothing to do with him. The problem is, he is actually trying to make positive changes with the hope that she will want to be with him. I don't want to discourage these changes, but I can't pretend that I think it will end

in their getting back together.
— DAUGHTER CAUGHT IN THE MIDDLE

The key here is to encourage your dad's progress without indulging the fantasy about your mom. There's a way to do this without breaking his heart and making him give up: Try to instill a sense of hope in him about how he's strengthening all his relationships — most importantly with you as a father, and as a friend, a potential employee and, eventually, a suitor of someone who's not your mom.

Give him a lot of positive feedback and be prepared with a pep talk for him if he goes off track. But make sure to keep an eye on yourself in all this, and know the limits of what you can control. There's no one more likely to end up on my couch than someone busy taking care of everyone but herself.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.



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GUINEA PIG

See True Colors Coming Through

■ For a generation reared in the era of Hypercolor, there's possibly nothing that's as nostalgic as wearing things that change hue. And when the thing happens to resemble a slap bracelet, it's retro heaven.

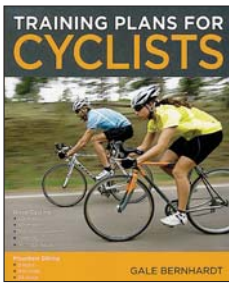
Strangely, that doesn't seem to be part of the marketing campaign for UVSunSense wristbands (\$5.87 for a seven-pack, Amazon.com). Instead, it focuses on the fact that if you put one of these on, apply sunscreen and head outdoors, it knows when you've overdone it. The peach bracelet turns purplish-blue when exposed to sunlight, then gradually loses the darker color. That's when you know to reapply your SPF 15 (or higher) or cover up.

The idea of monitoring the color is entertaining until you realize that sensible behavior means you won't see much of a show. But for forgetful folks (or kids), it's a handy reminder that you don't want your skin to change color — no matter how cool it might look.

VICKY HALLETT (EXPRESS)



NEW
IN HEALTH
**warm
ups**



TICKET TO RIDE

Couch-to-5k too tough on your knees? Maybe try for a 30-mile bike ride instead. That's the entry level for "Training Plans for Cyclists" (\$21.95, Velo Press), which offers suggestions up to centuries and 24-hour mountain bike races. Plans go beyond workouts to explain nutrition, equipment and cross-training.



TWO CLOSE

There are scientists who've devoted their careers to condom technology, and with their hard work, the folks from LifeStyles have conceived the X2 (\$6.99 for a 12-pack, drugstores). The revolutionary birth control aide is lubricated inside and out with ExciteGel for everyone's pleasure.



NO EQUALS FOR PLUS

Gadget-obsessed runners are probably sprinting right now to snap up the new Nike+ Sport Band (\$59). Glancing at the easy-to-read screen, they can get info on distance, pace, time and calories burned, which they can then take to the revamped Nikeplus.com to geek out about training.



SOME LIKE IT HOT

The name of GNC's first vitamin pack for non-athlete women gets straight to the point: be-HOT (\$49.99 for a 30-pack, Gnc.com). The selection of five pills offers electrolytes, antioxidants, green tea extract, fatty acids and more. But, annoyingly, it still doesn't replace a traditional multivitamin.

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BODYTALK



It's Not a Waste to Focus on the Waist

■ A tight tummy doesn't just turn heads. Here are other belly bonuses.

STEAMIER SEX

A smaller waistline means better blood flow. When you're overweight, you tend to have significantly more artery-clogging plaque, which decreases blood flow throughout the body. Researchers have found that increased blood flow in the pelvic region improves vaginal lubrication, sensitivity, arousal and sensation.

FEWER INJURIES

Researchers for the U.S. Army tracked the injuries of male and female soldiers during a year of field training in which they periodically performed the standard Army fitness test of sit-ups, push-ups and a two-mile run. Those who could crank out the most sit-ups were less likely to suffer from injuries.

BETTER HEALTH

Flat abs won't guarantee you'll never call in sick, but you'll be 25 percent less likely to develop heart disease; 35 percent less likely to have a heart attack and 41 percent less likely to develop high blood pressure.

A LONGER LIFE

A Canadian study of more than 8,000 people found that those with the weakest abdominal muscles had more than double the death rate of the people with the strongest midsections. It's no surprise when you consider all the health conditions associated with belly fat. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH © RODALE INC.)



Become a Sore Winner

There's no need for cold feet about exercising after an ankle injury

It happens when you least expect it: on a morning jog, playing softball with your co-workers, or, in the case of Supreme Court nominee Judge Sonia Sotomayor, at an airport. A slip, a fall and a couple X-rays later, you discover you've broken a bone in your leg or foot.

Luckily for mankind, bones heal quickly. But, unluckily for ath-

letes and active individuals, even a month in a cast or a boot can seem like a death sentence for an exercise routine. But it doesn't have to be — we got experts to weigh in on how to stay fit and heal fast. (Just check with your doctor first.)

KNOW THINE ENEMY: Beware of muscle atrophy! "You want to keep moving," cautions Jennifer Gamboa, physical therapist and founder of Arlington's Body Dynamics (5130 Wilson Blvd.; 703-527-9557; bodydynamicsinc.com). Banish inflammation by elevating and icing the injury. But kick-start your recov-

ery by sitting with an elastic resistance band wrapped around your feet and moving your ankles up and down.

GET UP: Megan Brown — physical therapist and founder of Mind the Mat Pilates and Yoga in Del Ray (2214 Mount Vernon Ave., Alexandria; Mindthemat.com) — says exercise combats the depression that's often an injury side effect. Get your cardio fix with an Upper Body Ergometer (like an exercise bike for your arms), found at most gyms and rehab facilities. And if you're cast-less, jump in the

pool for a full-body, low-impact workout.

THE BIGGER PICTURE: Elizabeth Wheeler, the physical therapist for the Washington Nationals, stresses the importance of an integrated rehab approach. Don't obsess over the injured area. Instead, pay attention to the parts of you that still work. If leg No. 1 is out of commission, weight train with leg No. 2. Brown recommends buffing up hip stabilizers with leg lift reps on your side or back.

And try out a Pilates class. "With Pilates," notes Brown, "there are a lot of exercises done without ever putting your foot down." Try this powerhouse-building move: Lie on your back with legs straightened in the air at a 45 degree angle, lift up your head and pump your arms up and down at your sides for 30 seconds at a time.

DO THE RIGHT THING: Cigarettes and alcohol in excess slow healing. Give your body what it needs to heal bones: a tall glass of milk, Wheeler says. Ingest at least 1,000 mg of calcium per day. If you're lactose intolerant, spring for some supplements. And make sure to treat yourself to some omega-3 fatty acids (found in food such as walnuts and fish) to help bring down swelling at the injury site.

GOOD COMPANY: Even the pros feel anxiety about recuperating. "But when you're around other athletes in the clubhouse, in the gym, you're around a lot more motivation," Wheeler says. Surround yourself with active people at the gym or just add the whole "Rocky" series to your Netflix queue.

DON'T WORRY; BE HAPPY: The most critical muscles of all to your recovery are the ones responsible for making you smile. The key to healing is positive thinking, says Gamboa, who reminds that a broken bone is not forever. "Tap into every support network you have," Brown advises. And don't forget to laugh — but never at people falling, as that is how bones break.

MAYA SILVER

Exercises That'll Tire You Out

The 'Spartan Workout' sculpts warriors with farm equipment

You might think you can guess the origins of the "Spartan Workout." But, nope, it's not based on the movie "300" — although the 2006 flick about the Battle of Thermopylae did launch a popular fitness routine modeled after how the actors prepped for their parts.

And wrong again — it's not derived from what the ancient Greek civilization actually did to train its acclaimed warriors (it turns out killing helots, or serfs, is tricky to transfer to a gym setting). So, what is the real inspiration for the grueling routine? Trainer Marvin Aronson's experiences on a farm.

What It Is

Growing up, Aronson always wanted to be a cowboy, and he got his chance nearby in Upper Marlboro Md., where he worked with cattle and some unusual equipment. Aronson realized that although the former needed to stay put in the fields, he could lug the latter inside and whip his clients into shape by replicating his daily tasks. Thus, the hour of nonstop drills involves lashing ropes, manhandling 250-pound tractor tires and slamming a sledgehammer.

Moves

It's not the towels laid out in front of you that look daunting; it's the 45-pound weight plates placed on top. And then you're expected to lean down, grip the towel and push the thing across the length of a basketball court as quickly as possible — four times. Then there's that dastardly tractor tire — you need to flip it over, then jump inside it, jump out, turn around and repeat. Luckily, the rope doesn't feel heavy

**work
it out**



Marvin Aronson, far right, demonstrates how one's hands should come together when slamming down a sledgehammer.

— until you're rapidly waving it up and down with both arms.

The class is taught in a circuit style, so those stations are interspersed with traditional hard-core gym fare such as kettlebell swings and jump squatting over a Bosu ball. The idea is to never get a break. "That doesn't look hard, but wait," warns student Melissa Vedder, 40, as the class is instructed on performing alternating lunges while holding a ball filled with water straight in the air. (Aronson stops by repeatedly to knock into you, which sloshes the liquid around and makes the task even more difficult.)

Workout

Perhaps killing helots would be easier. Flipping the tire, Vedder says, "takes everything you have." Even just a few exercises in, guys who look like they could have been



Quickly whipping ropes with both arms requires both stamina and strength.

extras in "300" are hunched over, wiping sweat from their wincing faces. "At the end of class, I'm exhausted. I feel it the next day," says student John Brooks, 46.

And in case you're thinking of slacking off, you'd better come up with another plan. "I tend to walk around and yell — I mean, motivate," Aronson jokes. But, seriously, anytime he swings by your station, he'll make you work harder or faster, or haul more weight.

Crowd

One of the key principles of Spartan society was the importance of the group over the individual. And folks in this class seem to feel strongly about that, too, cheering each other on during particularly challenging drills and relying on team spirit to get through personally tough spots. VICKY HALLETT (EXPRESS)

Held at Tysons Sport & Health, 8250 Greensboro Drive, McLean, Va.; Wed. at 7 a.m., Thu. at 7 p.m., Sat. at 11 a.m.

GAMEPLAN



Open the Door to Outdoor Workouts

■ Slap on sunscreen and try this circuit-training, endurance-boosting, agility-improving workout in the park or at the beach. Perform one exercise after another for the specified length of time or number of repetitions. Rest for 15 seconds after each exercise and 60 seconds after the circuit. Repeat the circuit twice.

→ **JUMPING ROPE:** Jump rope for 90 seconds. Try hopping on one leg to increase balance, alternating legs. So, you'll jump once on your right foot, once on your left, twice on your right, twice on your left, and so on, until you're alternating every 10 jumps between right-leg hops and left-leg hops.

→ **SHUTTLE RUN:** Position five small objects — think tennis-ball cans — in a row approximately 10 to 15 yards away from you. Sprint toward the objects and retrieve them one by one. The drill is complete once you've brought all five objects back to the starting line as quickly as possible.

→ **SQUAT THRUST:** From a standing position, bend at the hips and knees to lower yourself into a deep squat. Place your hands on the floor in front of you, then kick your legs back so you're in a push-up position. Immediately bring your legs forward again so you're back in squat position and stand up. Perform 10 squats.

→ **FOOTBALL RUNDOWN:** Throw or kick a football as far as you can. Run to retrieve it, then repeat. Do six to eight reps. MICHAEL MEJIA (REPRINTED WITH PERMISSION FROM MEN'S HEALTH MAGAZINE © RODALE INC.)

GET FIT CHALLENGE

12 WEEKS. 6 CHALLENGERS. 1 GOAL.

SPECIAL ADVERTISING FEATURE

GGX: CLASS IS IN SESSION!

For 12 weeks, 6 Express readers are competing for \$5,000 and a one-year membership to Gold's Gym. Over the weeks, challengers will rack up points for losing unwanted weight and winning fitness challenges. The challenger with the most points at the end of 12 weeks wins.

Gold's Gym Group Exercise (GGX) classes are playing a big role in new fitness routines for many of our challengers. We talked with Kim, Larry, and their Gold's personal trainers about GGX classes and why they're so effective.



ATTACK YOUR GOAL!

Kim and her personal trainer Tasha are working out at Gold's Gym on Capitol Hill. Kim has been taking a number of GGX classes which include Body Combat, Zumba, and RPM. Tasha recommends GGX classes to help people achieve fitness goals because of the fun, motivating atmosphere. It's working for Kim: she has lost 10 pounds and 19 inches.

KIM'S FAVORITE GGX CLASS: BODY ATTACK. "It gives me the cardio I need, and the instructor gives us options for certain exercises, so someone who hasn't worked out in a while can still keep up."
TASHA'S FAVORITE GGX CLASS: BODY JAM. "I'm a dancer so it doesn't even feel like I'm working out while I burn calories."

DANCE THE WEIGHT AWAY

Larry is working out at the Midtown Gold's Gym. His personal trainer, Chris, has been encouraging Larry to attend as many GGX classes as he can. She points out that GGX classes provide an empathetic group of people to work out with, along with an instructor who will ensure you are using good form and proper technique to maximize your results. Larry has tried a number of classes, and he has lost more than 11 pounds.



LARRY'S FAVORITE GGX CLASS: BODY JAM. "It's my favorite because of my dance background. The class covers hip-hop, jazz, classical, swing...it's the best!"

CHRIS' FAVORITE GGX CLASS: RPM AND SPIN. "The intensity of these classes and focus on obliterating calories keeps me motivated."

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Points are awarded weekly for weight loss and competitive challenges. In the event of no weight loss, or a less than 1% weight gain, contestants receive 0 points. Over 1% weight gain, contestants lose points proportional to their percentage of weight gain.

Cheer for your favorite challengers online at www.expressnightout.com/goldschallenge

CHALLENGERS	POINTS		% OF WEIGHT LOSS	WEIGHT LOSS	TOTAL
	LAST WEEK	THIS WEEK			
ANTHONY	260.0	253.0	2.69	6	15
KIM	187.5	185.6	1.01	4	13
GREG	229.0	230.0	+ .44	0	11
MEAGHAN	186.0	183.0	1.61	5	9
JAMIE	195.2	193.4	0.92	3	7
LARRY	348.8	345.8	0.86	2	7

fit Nutrition

What's Not Cooking?

Take a class on making a square meal without a stove or an oven

When registered dietician Jennifer Haas decided to hold a series of healthy cooking classes at Nova Medical Group (Novamedgroup.com), she didn't need to look any further than her office for inspiration. The bare-bones kitchen in the medical center's Ashburn, Va., building lacks a stove and an oven, making it the perfect setting for "Non-Cooking Cooking" classes.

These one-hour workshops are "about taking some of the intimidation factor out of cooking," Haas says. "People think if you had a home-cooked meal it must have taken all day to prepare." But, in reality, prepping your own nutritious meal doesn't need to be difficult or time-consuming.

The secret is to invest in a few key appliances that will save you time and energy. "Non-Cooking" students in the Nova classes (\$25 each; call 703-554-1130 to register) learn to assemble meals with just four versatile items: a rice cooker, a George Foreman grill, a blender and a slow cooker. As a bonus, these basics are economi-



It's not a crock! Just a few inexpensive appliances can help you "not cook" dinner.

cal — Haas says she nabbed 'em all for less than \$100 total.

Haas plans to teach "Non-Cooking" techniques based on a broad range of topics and themes, including allergy-friendly recipes, farm-to-table dishes and budget-friendly meals. The time-saving fare is far more nutritionally balanced than fast food or prepackaged dishes, and it's also more flavorful than most people expect, she says.

Her from-scratch recipes include grilled chicken (cooked on a George Foreman) with a corn and rhubarb salsa (prepared in just minutes with

a blender); and a dessert of fresh local melons and berries topped with honey-laced cream (also blended).

Hearty staples such as stews and chicken are simple and delicious when prepped in a slow cooker, and a rice cooker takes the work out of whipping up a fiber-rich side dish.

When all four appliances team up for a meal, the options are endless, Haas says. Who needs a kitchen anyway? KATIE ABERBACH (EXPRESS)



For more healthy eating tips and dining suggestions, head to Expressnightout.com/localflavor.

EATING IN

Whole-Grain Rotini With No-Cook Tomato Sauce

45 MINUTES, SERVES 6

INGREDIENTS

- 3 1/2 C diced and seeded ripe tomatoes
- 1 BUNCH scallions, whites and pale greens only, thinly sliced
- 2 TBSP capers, rinsed
- 2 TBSP chopped fresh basil
- 2 TBSP chopped fresh oregano
- 1 CLOVE garlic, minced
- 1/4 C balsamic vinegar



- 1/4 C extra-virgin olive oil
- 3/4 C diced fresh mozzarella
- 12 OZ. whole-grain rotini pasta
- Salt and ground black pepper, to taste

1. IN A LARGE BOWL, combine the tomatoes, scallions, capers, basil, oregano and garlic. Toss well, then add the vinegar, oil and mozzarella. Toss again to mix. Season with salt and pepper, then let sit for 30 minutes.

2. When ready to serve, bring a large pot of salted water to a boil. Cook the pasta according to package directions. Drain the pasta and add to the sauce. Toss well. Serve warm or cold. (AP)

370 calories, 14 g protein, 52 carbs, 13 g fat, 8 mg cholesterol, 279 mg sodium, 7 g fiber

BRAINPOWER

COURTESY BRAHMA KUMARIS

Sculptures represent the five senses.

Thinking Big at the Meditation Museum

■ At most museums, visitors hope to find something pretty to look at. But at the D.C. area's newest art gallery, the expectations are significantly higher. As the sign at the entrance reads, "Our hope is that everyone who experiences the museum finds his or her own authentic meaning for life."

That's because it's the Meditation Museum (8236 Georgia Ave., Silver Spring), brought to life last week by the local chapter of the Brahma Kumaris Organization (Bkwdc.org). The non-profit, based in India, is devoted to promoting peace. And a serene space filled with paintings and sculptures can boost that goal, according to D.C. director Sister Jenna. "It's designed to help us think from a pure place and transform us," she says. "People can come in for free, and feel better and enriched."

The focus isn't so much on the art, which will rotate every few months, as it is on what each image evokes. Next to an ethereal painting of a bridge winding between darkness and light is a series of questions: "What comes first: the chicken or the egg?" "Is life linear — an end and a beginning and that's it? If so, why do we find ourselves in similar situations?"

Prodding visitors to grapple with such issues, Sister Jenna hopes, can affect their way of viewing the world. And if they like their changes in consciousness, they can sign up for meditation classes, which the museum offers Monday through Friday. VICKY HALLETT (EXPRESS)



GETTY IMAGES

Keep your list of tasks fun by making sure to add at least one thing you want to do — lunch with a pal — rather than have to do.

Don't Stay List-Less

Why keeping track of your to-do's is good for your health

About 75 percent of Americans keep to-do lists, and they go way beyond what to buy at the supermarket. Many people use them to track long-term goals, evaluate their lives and even create shorthand autobiographies ("funniest family escapades"). This literary trend has spawned a slew of Web sites and books devoted to the art of such inventories, and for good reason. New research shows that writing lists improves the mind and body in many ways, from making you happier to increasing your workout frequency. Here are more reasons to keep one handy

1 Gain Control

Every time you cross something off your list, it's like your own little pat on the back. "Surprisingly, lists help us reach our goals even when we don't accomplish everything on them," says Sonja Lyubomirsky, a professor of psychology at the University of California, Riverside, and the author of "The How of Happiness: A Scientific Approach to Getting the Life You Want." Each time you cross something off, it's a mental reminder that you're making progress, an advance that's both gratifying and empowering. That might be why 50 percent of list makers write down tasks after they've been completed, according to a survey by Sasha Cagen, author of "To-Do List: From Buying Milk to Finding a Soul Mate, What Our Lists Reveal About Us."

2 Maximize Brainpower

Jotting your chores down on paper reduces your mental clutter. "You can keep only seven to nine different things in your working memory at the same time," Lyubomirsky says. "So, when you try to remember all the errands you need to run, you use up your cognitive energy. But if you make a list, you free up brainpower to analyze your tasks and prioritize, delegate or even eliminate some. Plus, you have a much better chance of actually picking up the dry cleaning."

3 Make Tough Decisions

If you're paralyzed by indecision, make a brainstorm list. Jot down anything that comes to mind, no

matter how improbable. The no-rules quality of such a list can reveal themes and solutions you might not think of otherwise, Cagen says. The simple act of tackling the problem on paper can also help you feel better equipped to handle it.

4 Beat a Slump

Here's how to use your list to lift your mood during a downer day. List your happiest moments, such as the day you first fell in love or bought your puppy. Then close your eyes and relive an event as though you were actually there. One study found that people who reminisced 10 minutes twice a day reported increased happiness after one week, and the more vivid the memories, the greater the gains.

5 Find Motivation

Let your to-do list egg you on when you feel like giving up on a goal. People who compiled weekly gratitude lists exercised for 80 minutes more per week than those who didn't, perhaps because they were more enthusiastic about life in general, according to recent research at the University of California.

6 Achieve Balance

Putting your priorities on paper can help you see the proverbial forest through the trees. When you seem to be losing sight of your priorities, make a "my life would be complete if" list. By enumerating and giving priority to the things that would provide you with the most lasting happiness, such as spending more time with your family, you'll see where to focus your energy.

7 Feel Joy Every Day

Turn your to-do list into a bucket list. Make a list of up to 100 personal pleasures — from reading a good book to going on wine-country tours. Pursue one a week, and start planning the more ambitious ventures within the year. NANCY KALISH (REPRINTED WITH PERMISSION FROM PREVENTION © RODALE INC.)



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Consider participation in a research study

1-877-MIND-NIH

(1-877-646-3644)

email: moodresearch@mail.nih.gov

If you (or someone you know) have been diagnosed with major depression and have anxiety symptoms, you may be able to participate in an NIMH research study that seeks to decrease symptoms of depression and understand the causes of anxious depression. Anxiety symptoms may include tension, worry, apprehension, restlessness, or loss of appetite.

This study evaluates the effectiveness and safety of the study drug AZD2327, in the treatment of major depression and anxiety symptoms. This drug has a different mechanism of action from commonly used SSRI's (selective serotonin reuptake inhibitors) for anxiety and depression. *There is the chance of receiving placebo in this study.*

After study completion, NIMH will provide short-term follow-up care, and then you will return to the care of your own provider.

(TTY: 1-866-411-1010)

http://patientinfo.nimh.nih.gov

www.clinicaltrials.gov

Participants should:

- ♦ Be ages 18-65
- ♦ Be diagnosed with major depression and have anxiety symptoms.
- ♦ Be able to participate in a 12 week-outpatient study including an inpatient stay of 7 days in Bethesda, MD.

In addition, all research participation is without cost.

- ♦ Monetary compensation for procedures.
- ♦ Transportation reimbursement provided.

Atendemos pacientes de habla hispana.

The National Institute of Mental Health

The National Institutes of Health, Department of Health & Human Services

NIMH

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'Top Chef' Transplant
Padma Lakshmi to star
in a new sitcom about
a culinary chick | **30**

lookout

Ink Your Teeth Into It

The urban fantasy genre is booming, thanks to women readers and writers

WOMEN | Headstrong Bella is in love with a vampire. Sixteen-year-old Ever can hear people's thoughts. Calliope is, reluctantly, Death's daughter.

All are tales of modern female heroes written by women, read by women and not only obsessed over by teenagers but also their older sisters and mothers. The economy may be deeply troubled, but urban fantasy novels about vampires, werewolves, zombies, supernatural creatures, blood and romance are booming, and women are devouring them in ravenous numbers.

"We're living in a frightening time. I don't know if it's an escapism as in, 'There's scary stuff out there, so let me control it through the medium of reading,'" says Amy Clarke, a lecturer at the University of California, Davis who teaches science-fiction literature.

The trend gathered steam with Stephenie Meyer's four-book "Twilight" series. Other authors are jumping in: P.C. Cast and her daughter Kristin's popular "House of Night" vampire series; Alyson Noel's "Immortals" books: the "Sookie Stackhouse Southern Vampire Mysteries" novels by Charlaine Harris, which inspired the TV series "True Blood" on HBO; and Richelle Mead's "Vam-



GIRL TALK: "Buffy the Vampire Slayer" alum Amber Benson is the latest woman author to turn to the urban fantasy genre.

pire Academy" trilogy.

"Vampires are super-sexy. Vampires and teens have a lot in common. Teens have surging hormones; vampires have surging blood lust. Teenagers think they're immortal," Cast said.

Noel's "Immortals" series focuses on the telepathic teen Ever, who gains her abilities after surviving a car accident that kills her family. Brooding and lonely at a new school in sunny California, she meets handsome immortal Damen. They're drawn to each

“Teens have surging hormones; vampires have surging blood lust. Teenagers think they're immortal.”

other like magnets.

Amber Benson, who earned a fan base as the witch Tara on "Buffy the Vampire Slayer," channeled her love of urban fantasy into a trilogy, with her first book released this year.

In "Death's Daughter," Calliope Reaper-Jones is a 25-year-old immortal who works in New York City. After her father, the CEO of Death Inc., is kidnapped, she must run the family business.

"That was the beauty of Buffy, ... who looked totally harmless but could do all these amazing things and was trying to be a real person at the same time. She definitely influenced Calliope and her journey," Benson says.

SOLVEJ SCHOU (AP)



Abdul will stay daffy, "Idol" or otherwise.

'Idol' May Lose an Original

Wacky Paula Abdul's return as a judge is looking unlikely

UH-OH | Paula Abdul's new manager says she may not be returning to "American Idol."

According to a Los Angeles Times report, David Sonenberg says he doesn't have a proposal for a new contract for Abdul. He says it doesn't appear she'll be back.

Sonenberg began representing Abdul a few weeks ago.

Auditions for the ninth season of the highly rated Fox talent competition begin next month.

Abdul said recently she'd been invited to remain as an "American Idol" judge and was optimistic about negotiating a new contract.

Earlier this year, Fox entertainment president Kevin Reilly called Abdul "an integral part of the show."

The other "American Idol" judges are Simon Cowell, Randy Jackson and newcomer Kara DioGuardi. (AP)



REALITY Big Love The network behind "Little People, Big World" is taking on another group of people who don't quite fit in regular society. TLC has ordered a six-episode series that chronicles the lives of morbidly obese family members. The half-hour series is tentatively titled "One Big Happy Family." The clan to be chronicled on the show consists of a 40-year-old man weighing 340 pounds; his 35-year-old wife, who is close to 400 pounds; and their 330- and 340-pound teenage kids. (THE HOLLYWOOD REPORTER)

Music in Her Blood

Diana Jones always felt drawn to rootsy sounds, and then she found out why

HERITAGE | As a child, the closest Diana Jones came to country or folk music were the Johnny Cash records she swiped from her brothers' rooms.

The 43-year-old singer-songwriter, who was raised in the Northeast, was classically trained as a vocalist and sang in the school chorus. She had little exposure to rootsy Southern music.

"Anything I heard that had a rootsy feel to it, I'd listen to," Jones said recently. "There was Irish music on the radio, and I wanted

more of that sound. So, I gravitated to it, but it wasn't really part of my culture."

It would take a search for her birth parents — Jones was adopted as an infant — to find that the sound she seemed to be strangely drawn to wasn't so strange at all.

After she discovered that her biological family had roots in Appalachian folk music, Jones began moving away from the contemporary coffeehouse folk of her earlier records and closer to the heart of the old mountain songs that her grandfather Robert Lee Maranville, a singer and musician who performed with Chet Atkins when he was a teen, had sung while growing up; tunes such as "Pretty Polly" and "Poor



Jones was raised in the Northeast but later found out she has Appalachian roots.

Wayfaring Stranger."

Her latest album, "Better Times Will Come," is a collection of 11 songs she wrote that sound as though they sprang from a Tennessee hollow circa 1930. There's hope for better days (the title track), a murder ballad ("If I Had

“Anything I heard that had a rootsy feel to it ... I gravitated to it, but it wasn't really part of my culture.”

a Gun") and the story of a dying coal miner ("Henry Russell's Last Words").

Released in May, the album is Jones' second disc to fully embrace traditional sounds of rural Appalachia. Her plaintive voice over guitar, fiddle and mandolin is warm and soothing.

JOHN GEROME (AP)

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HARRY POTTER: HALF BLOOD PRINCE (PG) ★

(1050 1130 1210 1250 220 300 340 420) 600 640 720 800 930 1010 1050

I LOVE YOU BETH COOPER (PG-13) (1200 230 500) 740 1020

BRUNO (R) - ID REQ'D (1100 1230 150 250 410 510) 650 750 930 1000

OC & DA: PUBLIC ENEMIES (R) - ID REQ'D (100 PM)

ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★

(1100 120 350) 620 850

PUBLIC ENEMIES (R) - ID REQ'D (400 PM) 700 PM 1030 PM

TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (140 PM 520 PM) 840 PM

THE PROPOSAL (PG-13) (1220 300) 630 920

HANGOVER (R) - ID REQ'D (1240 310 540) 830 1055

UP (PG) (1120 200 440) 730 1030

GERMANTOWN STADIUM 14

20000 Century Blvd 800-FANDANGO 455#

HARRY POTTER: HALF BLOOD PRINCE (PG) ★

(1150 1220 115 150 310 345 420 510) 630 700 730 830 950 1020 1040

I LOVE YOU BETH COOPER (PG-13) (130 445) 710 1015

BRUNO (R) - ID REQ'D (1245 210 300 440 530) 715 815 940 1045

ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★

(1230 255 520) 745 1010

ICE AGE: DAWN OF THE DINOSAURS (PG) (140 410) 645 915

PUBLIC ENEMIES (R) - ID REQ'D (100 PM) 720 PM

OC & DA: PUBLIC ENEMIES (R) - ID REQ'D (415 PM) 1030 PM

MY SISTER'S KEEPER (PG-13) 945 PM

TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (115 430) 740 1050

THE PROPOSAL (PG-13) (120 350) 650 930

HANGOVER (R) - ID REQ'D (1210 245 500) 800 1030

UP (PG) (125 PM 400 PM) 645 PM

UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#

HARRY POTTER: HALF BLOOD PRINCE (PG) ★

(1150 1220 115 150 310 345 420 510) 630 700 745 830 945 1015 1100

I LOVE YOU BETH COOPER (PG-13) (1215 250 530) 805 1030

BRUNO (R) - ID REQ'D (1200 1250 215 320 445 535) 715 815 930 1040

OC & DA: PUBLIC ENEMIES (R) - ID REQ'D (335 PM) 1000 PM

PUBLIC ENEMIES (R) - ID REQ'D (1220 PM) 645 PM

ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★

(1130 200 420) 650 1010

ICE AGE: DAWN OF THE DINOSAURS (PG) (1210 PM 230 PM 500 PM)

MY SISTER'S KEEPER (PG-13) 735 PM 1045 PM

TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (100 415) 730 1050

THE PROPOSAL (PG-13) (1140 210 450) 720 1005

AWAY WE GO (R) - ID REQ'D 935 PM

HANGOVER (R) - ID REQ'D (1240 300 520) 755 1025

UP (PG) (1135 205 440) 710

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(1000 1020 1040 1120 1230 110 130 150 235 345 420 445 505 555) 700 730 755 820 905 1015 1040 1105

RW & DA: HARRY POTTER: HALF BLOOD PRINCE (PG) ★

(1200 315) 630 945

BRUNO (R) - ID REQ'D (1045 1130 1255 140 305 355 515) 600 745 830 955 1055

ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★

(1015 1235 245 500) 715 930

ICE AGE: DAWN OF THE DINOSAURS (PG) (145 200 415) 625 945 1110

TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1205 105 325 430) 645 740 1010 1050

PUBLIC ENEMIES (R) - ID REQ'D (1005 100 400) 655 1000

I LOVE YOU BETH COOPER (PG-13) (1225 250 535) 805 1035

UP 3D - SPECIAL EVENT PRICING (PG) ★ (1030 1250 320 545) 815 1045

HANGOVER (R) - ID REQ'D (1220 255 510) 735 1005

THE PROPOSAL (PG-13) (1105 135 425) 720 950

MOON (R) - ID REQ'D (215 440) 710 935

MY SISTER'S KEEPER (PG-13) (1010 1245 405) 705 940

YEAR ONE (PG-13) (1140 AM)

AWAY WE GO (R) - ID REQ'D (1055 120 340) 615 835 1100

ROYALE STADIUM 14

6505 America Blvd Hyattsville, MD 301-864-3456

RW & DA: HARRY POTTER: HALF BLOOD PRINCE (PG) ★

(1150 310) 630 950

HARRY POTTER: HALF BLOOD PRINCE (PG) ★

(1220 110 150 340 420 510) 700 730 830 1020 1040

BRUNO (R) - ID REQ'D (1155 1240 205 250 415 455) 645 725 935 1005

I LOVE YOU BETH COOPER (PG-13) (1235 300 530) 800 1050

ICE AGE: DAWN OF THE DINOSAURS (PG) (1200 1230 215 245 430 515) 650 740 955

PUBLIC ENEMIES (R) - ID REQ'D (1225 350) 755 1015 1045

TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1215 255 525) 755 1030

THE PROPOSAL (PG-13) (1200 225 450) 715 940

TAKING OF PELHAM 1 2 3 (R) - ID REQ'D 1035 PM

HANGOVER (R) - ID REQ'D (1245 410) 745 1025

UP (PG) (1205 PM 230 PM 500 PM)

BETHESDA 10

1717 Wisconsin Avenue 800-FANDANGO 599#

HARRY POTTER: HALF BLOOD PRINCE (PG) ★

(1220 110 150 340 420 510) 630 700 730 830 950 1020 1040

I LOVE YOU BETH COOPER (PG-13) 710 PM 930 PM

BRUNO (R) - ID REQ'D (115 330 545) 800 1015

PUBLIC ENEMIES (R) - ID REQ'D (140 440) 740 1040

ICE AGE: DAWN OF THE DINOSAURS (PG) (1200 225 450) 715 940

TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1150 310) 630 950

THE PROPOSAL (PG-13) (1220 250 520) 750 1020

HANGOVER (R) - ID REQ'D (1150 320 500) 720 1000

BOWIE STADIUM 14

15200 Major Mink Drive 800-FANDANGO 454#

KIT KITTREDGE: AMERICAN GIRL (G) (1000 AM)

SPIDERWICK CHRONICLES (PG) (1000 AM)

HARRY POTTER: HALF BLOOD PRINCE (PG) ★

(1030 1150 1220 110 150 310 340 420 510) 630 700 730 830 950 1020 1040

I LOVE YOU BETH COOPER (PG-13) (1205 230 455) 720 1005

BRUNO (R) - ID REQ'D (1100 1210 120 215 330 435) 605 650 800 915 1030

ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★

(1200 225 450) 715 940

PUBLIC ENEMIES (R) - ID REQ'D (1040 140) 740 1030

ICE AGE: DAWN OF THE DINOSAURS (PG) (1030 AM 1245 PM 315 PM)

TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1140 320) 615 645 930 1010

THE PROPOSAL (PG-13) (1105 130 410) 650 925

TAKING OF PELHAM 1 2 3 (R) - ID REQ'D 805 PM 1035 PM

HANGOVER (R) - ID REQ'D (1240 325 545) 815 1045

UP (PG) (1030 100 330 550)

Free Family Film Festival Tue & Wed 10AM

GALLERY PLACE STADIUM 14

701 Seventh St NW 800-FANDANGO 1721#

HARRY POTTER: HALF BLOOD PRINCE (PG) ★

(1130 1200 1240 150 300) 330 400 520 630 700 730 845 950 1020 1050

500 DAYS OF SUMMER (PG-13) (1205 240) 510 640 740 910 1015

I LOVE YOU BETH COOPER (PG-13) (1250 PM)

BRUNO (R) - ID REQ'D (1150 215) 315 440 545 715 800 945 1030

OC & DA: PUBLIC ENEMIES (R) - ID REQ'D 430 PM 1045 PM

ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★

(1155 220 450) 710 930

PUBLIC ENEMIES (R) - ID REQ'D (120 PM) 750 PM

TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1220 335 650 1010

THE PROPOSAL (PG-13) (100) 345 645 920

MOON (R) - ID REQ'D (1210 250) 530 805 1035

HANGOVER (R) - ID REQ'D (1145 230 540 815 1040

UP (PG) (130 PM) 410 PM

BALLSTON COMMON STADIUM 12

671 N Glebe Rd 800-FANDANGO 377#

HARRY POTTER: HALF BLOOD PRINCE (PG) ★

(1220 110 150 310 340 420 510) 630 700 730 830 950 1020

ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★

(1205 235 500) 745 1010

ICE AGE: DAWN OF THE DINOSAURS (PG) (135 PM 400 PM)

PUBLIC ENEMIES (R) - ID REQ'D (145 PM 455 PM) 810 PM

MY SISTER'S KEEPER (PG-13) (115 350) 650 945

TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (140 510) 640 835 955

THE PROPOSAL (PG-13) (205 450) 750 1035

AWAY WE GO (R) - ID REQ'D (100 PM 335 PM)

STAR TREK (PG-13) (105 405) 705 1015

POTOMAC YARD STADIUM 16

3575 Jefferson Davis Hwy 800-FANDANGO 690#

HARRY POTTER: HALF BLOOD PRINCE (PG) ★

(1130 1200 1230 100 130 300 330 400 430 500) 630 700 730 800 830 1000 1030

BRUNO (R) - ID REQ'D (1140 1220 210 250 440 520) 710 750 930 1010

I LOVE YOU BETH COOPER (PG-13) (110 360) 630 1005

OC & DA: PUBLIC ENEMIES (R) - ID REQ'D (405 PM) 725 PM

ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★

(1145 215 445) 715 945

PUBLIC ENEMIES (R) - ID REQ'D (1250 PM)

ICE AGE: DAWN OF THE DINOSAURS (PG) (115 PM 345 PM)

TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1210 PM 340 PM) 720 PM

THE PROPOSAL (PG-13) (1240 355) 640 920

TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (615 PM) 910 PM

HANGOVER (R) - ID REQ'D (1150 235 510) 740 1020

UP (PG) (130 410) 645 925

INKHEART (PG) (1000 AM)

Free Family Film Festival - Today 10AM

KINGSTOWNE STADIUM 16

5910 Kingstowne Towne Center 703-822-4956

HARRY POTTER: HALF BLOOD PRINCE (PG) ★

(1100 1130 1200 1230 110 215 245 315 345 425 545) 615 645 715 745 900 930 1000 1030

RW & DA: HARRY POTTER: HALF BLOOD PRINCE (PG) ★

(145 PM 505 PM) 830 PM

BRUNO (R) - ID REQ'D (1145 100 155 305 405 530) 630 800 845 1015

I LOVE YOU BETH COOPER (PG-13) (1125 150 420) 650 915

ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★

(1215 230 450) 710 935

PUBLIC ENEMIES (R) - ID REQ'D (1240 355) 730 1030

ICE AGE: DAWN OF THE DINOSAURS (PG) (1110 AM 125 PM 350 PM)

MY SISTER'S KEEPER (PG-13) 945 PM

TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1220 335) 610 700 925 1020

THE PROPOSAL (PG-13) (1210 240 510) 740 1010

HANGOVER (R) - ID REQ'D (220 440) 705 940

UP (PG) (1140 205 430) 655

Free Family Film Festival Tue & Wed 10AM

COUNTRYSIDE STADIUM 20

45980 Regal Plaza 800-FANDANGO 394#

HARRY POTTER: HALF BLOOD PRINCE (PG) ★

(1000 110 420) 730 1040

TAKING OF PELHAM 1 2 3 (R) - ID REQ'D 905 PM

UP (PG) (1010 1250 340) 615 850

STAR TREK (PG-13) (1140 300) 650 955

FOX STADIUM 16

22875 Crawford Plz Asseum, VA 703-957-1035

HARRY POTTER: HALF BLOOD PRINCE (PG) ★

(1120 1200 1220 110 230 310 340 420) 600 630 700 730 910 950 1020 1040

RW & DA: HARRY POTTER: HALF BLOOD PRINCE (PG) ★

(150 PM 500 PM) 820 PM

I LOVE YOU BETH COOPER (PG-13) (1140 240 510) 740 1010

BRUNO (R) - ID REQ'D (1250 220 320 440 540) 640 750 850 1000

ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★

(1130 200 430) 720 940

ICE AGE: DAWN OF THE DINOSAURS (PG) (1030 100 330) 620 840

PUBLIC ENEMIES (R) - ID REQ'D (1240 400) 715 1025

MY SISTER'S KEEPER (PG-13) (120 PM)

TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1220 350 450) 710 810 1030

THE PROPOSAL (PG-13) (1100 130 410) 650 930

HANGOVER (R) - ID REQ'D (1210 300 530) 800 1035

UP (PG) (1050 115 345) 610 830

FAIRFAX TOWNE CENTER 10

4110 W Ox Road 800-FANDANGO 670#

HARRY POTTER: HALF BLOOD PRINCE (PG) ★

(1120 1155 1220 100 130 205 240 315 340 420 450 525) 600 635 700 740 810 845 920 955 1020

ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★

(1240 330) 720 950

ICE AGE: DAWN OF THE DINOSAURS (PG) (1130 250) 620 910

TAKING OF PELHAM 1 2 3 (R) - ID REQ'D 1030 PM

UP (PG) (1140 220 500) 730 1000

NIGHT AT THE MUSEUM II (PG) (110 PM 430 PM) 750 PM

Free Family Film Festival Tue & Wed 10AM

MANASSAS STADIUM 14

11380 Bulloch Drive 800-FANDANGO 490#

HARRY POTTER: HALF BLOOD PRINCE (PG) ★

(1000 1045 1115 1200 1245 115 200 245 330 400 430 530) 615 700 745 815 900 945 1030 1100

I LOVE YOU BETH COOPER (PG-13) (220 500) 750 1020

BRUNO (R) - ID REQ'D (1130 245 455) 715 930

ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★

(1100 130 345) 630 845

PUBLIC ENEMIES (R) - ID REQ'D (1145 315) 645 1000

ICE AGE: DAWN OF THE DINOSAURS (PG) (1230 255 515) 740

MY SISTER'S KEEPER (PG-13) 1055 PM

TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 1010 PM

THE PROPOSAL (PG-13) (1020 230) 600 830

HANGOVER (R) - ID REQ'D (1215 350) 620 915

UP (PG) (1030 AM 300 PM) 800 PM

Free Family Film Festival Tue & Wed 10AM



1 Ramblin' Man

You've heard a lot of Appalachian Trail jokes recently. We're not going to make any here. We're just going to tell you about the Smithsonian's new exhibit on Earl Shaffer, the first man to hike the entire Appalachian Trail in one four-month trek. The exhibit examines Shaffer's 1948 journey, which has inspired hikers for decades, and the historic trail itself (that's a view of the Shenandoah Valley above). f.z.

→ National Museum of American History, 14th Street and Constitution Avenue NW; through Oct. 11, free; 202-633-1000, Americanhistory.si.edu. (Smithsonian)

top stops

Compiled by Express' Fiona Zublin. Read more of our picks every day at Expressnightout.com/topstops.



2 The Plants of Delicious

The Botanic Garden knows how to draw a crowd: chocolate. Its ongoing exhibit is an attempt to inform the public about sustainable, humane ways of producing the yummy stuff and how to make responsible consumer decisions when it comes to dessert. f.z.

→ U.S. Botanic Garden, 100 Maryland Ave. SW; through Aug. 16, free; 202-225-1116, usbg.gov. (Federal Center SW)

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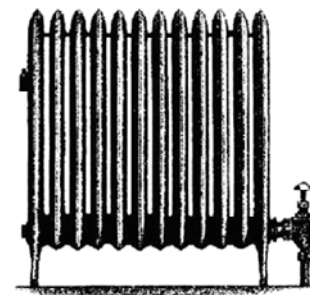
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Adapt you. "Personal Tech" can give you cool and useful tools. **Mondays.**

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A publication of The Washington Post

XX1702x5

The Way the World Ends

There are both bangs and whimpers amid 'The Colony's' chaos

POST-APOCALYPTIC | Take "Survivor" and add a dash of "Mad Max" and you have "The Colony" (10 p.m., Discovery). This social experiment/reality series takes 10 volunteers who pretend that they've survived an earth-shattering cataclysm. They hole up in an abandoned warehouse in a rough end of Los Angeles and plan for a future world.

Every so often, "marauders" challenge their domain by rattling the fences and riding by on loud motorcycles and shaking their fists. They



Members of Discovery Channel's "The Colony" struggle to install solar panels.

look like extras from a Dee Snider video. Experts also chime in, offering their take on the participants, telling us that they've internalized

their situation and that they actually believe that they've survived the end of the world. **KEVIN MCDONOUGH** (UNITED FEATURE SYNDICATE)

tonight's lineup

FAN THE FLAMES

HELL'S KITCHEN (8 p.m., Fox) launches with a scorching two-hour special.

FATHER KNOWS WORST

On the debut of **RUBY & THE ROCKITS** (8:30 p.m., ABC Family), a former pop star (David Cassidy) discovers he has a teenage daughter.

STATE OF DENIAL

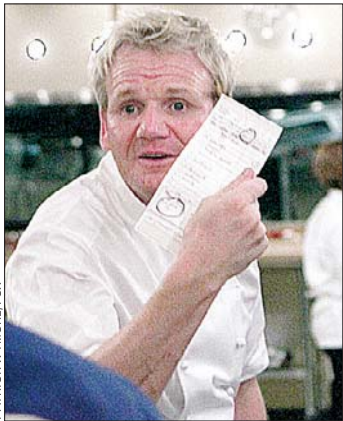
CALIFORNIA IN CRISIS (9 p.m., CNBC) looks at that state's not-so-golden finances.

BUSTS AND BABIES

Dolly Parton visits the ever-expanding brood on **18 KIDS AND COUNTING** (9 p.m., TLC).

SMARTER THAN US

NOVA SCIENCENOW (9 p.m., PBS) explores taste and smell, carbon capture, and intelligent walrus and sea lions.



Gordon Ramsay unleashes his scorn on the new "Hell's Kitchen" recruits.

AS TIME GOES BY

"The Betrayal" on **P.O.V.** (10 p.m., PBS) follows refugees from Laos to New York during several decades. **KEVIN MCDONOUGH** (UNITED FEATURE SYNDICATE)



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<http://patientinfo.nimh.nih.gov> or for other studies: www.clinicaltrials.gov



The National Institute of Mental Health
National Institutes of Health, Department of Health & Human Services



Electric Meltdown

BMW upsets plug-in car community with 'botched' Mini rollout

UNPLUGGED | In his Santa Monica, Calif., gallery, Samuel Freeman displays a nifty bit of automotive art, a full-size replica of a Chevy V-8 engine made of stained glass. But Freeman himself worships at the church of the electric car. In November 2008, Freeman was one of nearly 2,000 people who signed up to lease a Mini E — an experimental electric-vehicle conversion of BMW's charming, capering retro-runabout. In early June, he was one of the lucky 450 Americans to get a car — and since then he's been ripping up the streets of Venice and Santa Monica, quietly.

"The acceleration is huge," says Freeman, 34, as he mats the accelerator. "It's all the g-force of a sports car without the guilt," he says.

But not everyone in the electric vehicle community is so enthused. For the last several months, a not-entirely civil war of words has erupted on blogs and Facebook between BMW and those who had volunteered to pay \$850 a month for the privilege of leasing a Mini E for a year. Critics say the cars



Samuel Freeman of Santa Monica, Calif., is one of 450 drivers who are leasing BMW Mini E's. BMW has been criticized for delays in rolling out the plug-in car.

were months late in reaching customers. A shortage of high-power cables left many dealing with desperately slow recharging times. Some of what BMW calls its Mini E "pioneers" have dropped out of the program because of delays in the installation of home charging equipment, others because of the expense of upgrading their home's electrical service.

Late in June, the grassroots EV advocacy group Plug In America, based in Santa Monica, denounced the Mini E program as "botched."

Executives at BMW confess to

being a little bewildered by the EV community's reaction.

"We knew going in this was an extremely evangelistic audience," Steinberg says. "We also made clear that this was a field trial and not everything was going to go smoothly."

And BMW has its defenders, including Freeman. "What they've done is legitimately stick their toe out," Freeman says. "The cars are on the road. People will see it, talk about it, want to drive it. You can't do that with press releases and auto shows."

DAN NEIL (LOS ANGELES TIMES)

DISCUSSIONS

REAL WHEELS

Any thoughts about Ford's Transit Connect van? It seems to have a 2.0 gas engine rated at 22/25 (for comparison with Ford cars.) I'm looking for something smaller than an Econoline but taller than a minivan.

The Transit Connect is a Ford of Europe product, popular there because of its reliability, relatively good mileage and what I call its fit-ability — its ability to fit into tiny European side streets and parking spaces. Did I miss something? I thought, because of budgetary reasons, Ford had decided to delay Transit Connect's introduction in the United States.

With gasoline prices moving around a great deal recently, I find a lot of variation in the spread between the cost of regular and plus (87 and 89 octane). Sometimes it's as little as a dime and sometimes as much as a quarter. Is there anything wrong with springing for Extra if the difference is 15 cents or less, but sticking with Regular if it's more?

If your car (especially if its turbo-charged or supercharged) requires premium, buy premium. If your car "recommends premium for best performance," buy premium if you can afford it. But you also can run it

on 89 or 87 octane, presumably getting less than best performance. If your car says 87 octane is just fine, you can run it on 87, 89 or higher grades without worry.

If your car says 87 octane is fine, you can run it on 87 or higher grades without worry.

My wife is leery of buying a used car. We keep vehicles until they die, so reliability is key. My counter is that there isn't that big a difference between, say, a new car and a two-to three-year-old car, nor is there a big difference between a seven-year-old car versus a 10-year-old car. The difference is year three versus five to six. So, check reliability ratings for the five- to six-year range for the make/model. Am I off here?

Both you and your wife are correct. She's right because she's looking at the human factor: how a car or truck was treated by the previous owner(s). You've been inside peoples' houses. Isn't it funny how a relatively new house can look like a dump, while a decidedly old one resembles a charming, well-kept palace? You are right because, as a group, cars have gotten better.



washingtonpost.com

Columnist Warren Brown is online Fridays at 11 a.m. to answer questions on every aspect of the automotive industry.

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Poll Center

DO YOU THINK THE U.S. SHOULD SEND A MANNED SPACECRAFT TO MARS?

YESTERDAY'S RESULTS AS OF 5 P.M.

NO 51%
YES 49%

“Let’s get the Mars mission started to make way for later missions. Sooner or later, off-planet colonization will be a necessity, given rampant population growth.”

COMMENTER DEMONFAFA

“Go to Mars for what reason? They went to the moon 40 years ago, and I haven’t seen them do anything with that. Why waste all that money going to Mars when it could be used to fight pollution here on Earth?”

COMMENTER NANCY

“I think the U.S. should focus on things like fixing aging infrastructure and ways to avoid trains from colliding with each other.”

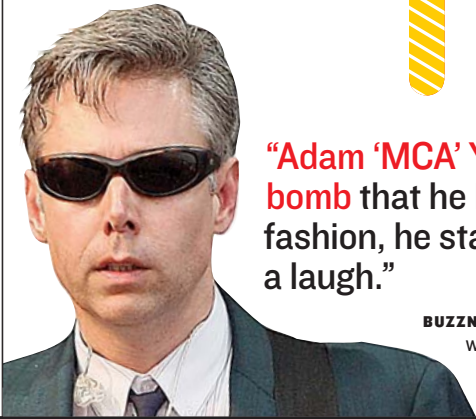
COMMENTER CHRIS

SEE HOW YOUR METRO STATION VOTED
WWW.EXPRESSNIGHTOUT.COM



“HAPPINESS doesn’t just happen — at least not for most people. Happiness is something you have to work at, work toward and keep working on.”

POSITIVELYPRESENT.COM WAS HAPPY TO LEARN AFTER READING AN INTERVIEW WITH ROBIN WRIGHT PENN THAT THE ACTRESS SHARED HER VIEWS.



“Adam ‘MCA’ Yauch may have just dropped the bomb that he has cancer, but in true Beastie fashion, he starts the video off with a smile and a laugh.”

BUZZNET.COM WAS REASSURED BY THE BEASTIE BOY’S ATTITUDE WHEN ANNOUNCING HE HAS SALIVARY GLAND CANCER. YAUCH CALLED THE DISEASE — WHICH HAS FORCED THE BAND TO CANCEL SHOWS — A “PAIN IN THE NECK.”



LINDA DAVIDSON/TWP



ISTOCK

“OF THE people I’ve been meeting, I’ve met two of the three greatest living threats to the sanctity of the normal handshake: the guy who knows how important he is and the guy who thinks he’s as important as he wants to be.”

FRANCOBEANS.COM IS NOT IMPRESSED WITH THE HANDSHAKE EGO BATTLE THAT EXISTS AMONGST HIS NEW CO-WORKERS.

“I’d rather he remain in the White House doing his job than go out gallivanting around D.C., eating half-smokes and getting stuck in traffic.”

THEANTIDC.BLOGSPOT.COM IS TIRED OF READING STORIES ABOUT PRESIDENT OBAMA’S TRIPS IN THE AREA, ADDING, “I DON’T REALLY WANT TO SEE HIM EVERYWHERE I GO — AND NOT BECAUSE I HATE HIM. IS THAT WRONG?”

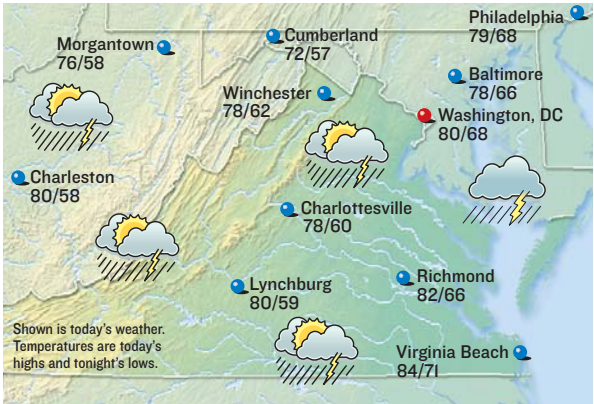
“LIKE ANY LOVING girlfriend, especially one who has made an effort to stay sober and tend to the guys, I grew concerned and basically cut him off.”

VISITHEREOFTEN.BLOGSPOT.COM DECIDED TO END THINGS EARLY ON HER BOYFRIEND’S BIRTHDAY BECAUSE SHE DIDN’T FEEL LIKE CARRYING HIM HOME.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly cloudy, thunderstorms	A t-storm early, partly cloudy	An afternoon thunderstorm	Partly sunny, a t-storm possible	Partly sunny, a t-storm possible	Partly sunny, a thunderstorm
80°	68°	88° / 69°	85° / 71°	87° / 71°	88° / 72°

Regional Weather



Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature	
High	83°
Low	70°
Normal high	89°
Normal low	71°
Average humidity	58%

Precipitation	
24 hours ending 4 p.m.	0.00"
Month to date	0.26"
Normal month to date	2.35"
Year to date	23.39"
Last year to date	30.23"
Normal year to date	21.51"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

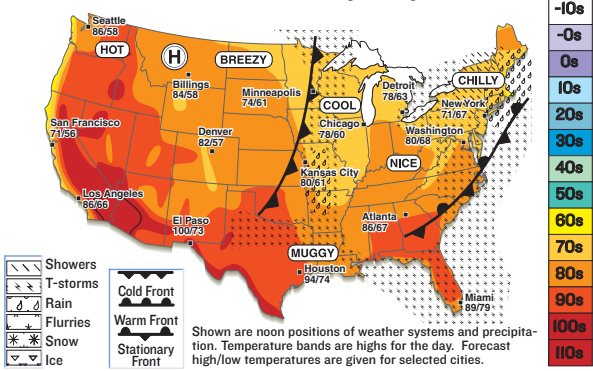
D.C. Metro: Today, mostly cloudy, showers, thunderstorms. High 80. Wind north 6-12 mph. Tonight, partly cloudy, an evening thunderstorm. Low 68.

Sun and Moon

Sunrise today	6:00 a.m.
Sunset tonight	8:29 p.m.
Moonrise today	5:11 a.m.
Moonset today	8:19 p.m.



National Weather for Tuesday, July 21



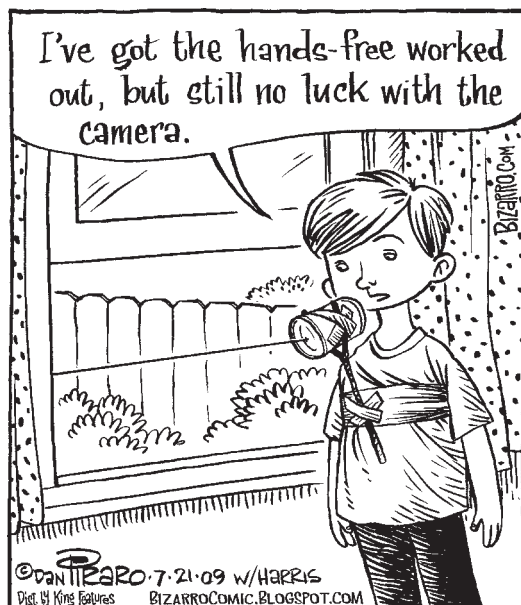
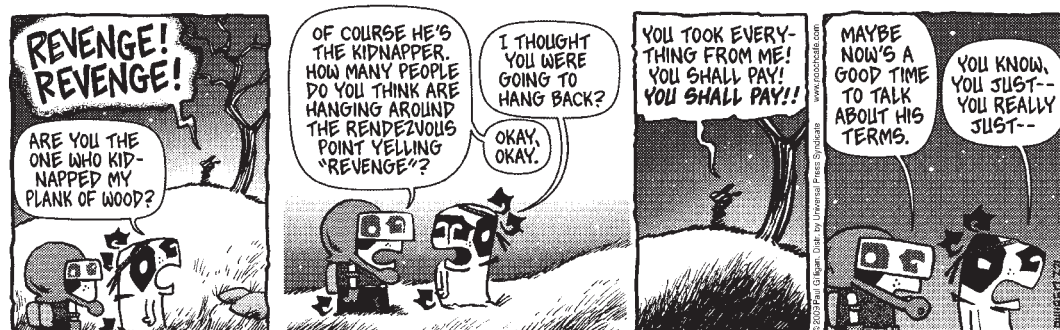
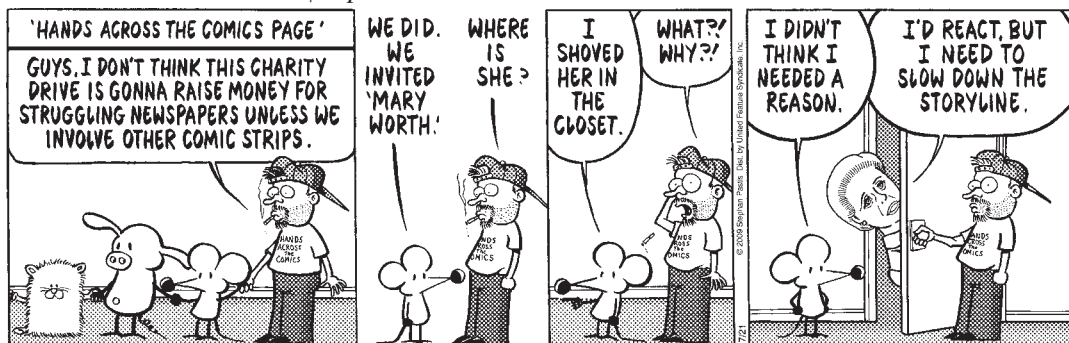
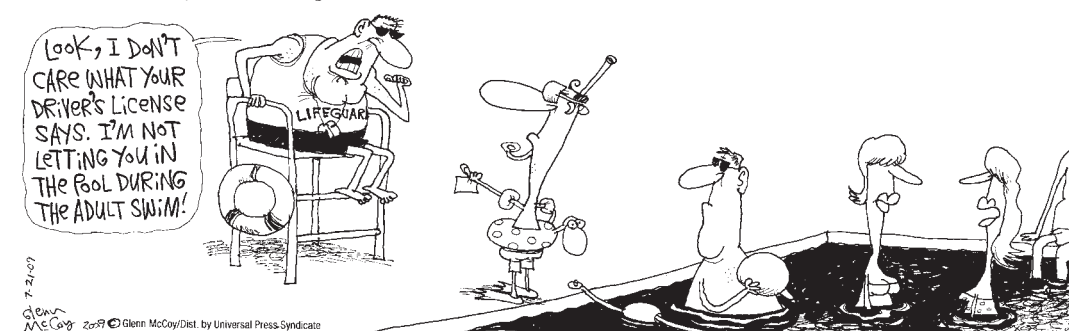
National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	86/67/pc	83/67/pc
Boston	70/64/r	78/67/sh
Chicago	78/60/pc	78/59/t
Dallas	92/74/t	93/74/t
Denver	82/57/t	91/61/t
Honolulu	88/75/s	88/74/pc
Los Angeles	86/66/s	86/66/s
Miami	89/79/r	89/79/t
New York City	71/67/r	84/72/pc
Orlando	90/72/t	90/75/t
Seattle	86/58/s	80/55/s

World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	72/55/sh	74/57/c
Athens	92/72/s	93/74/s
Berlin	72/59/c	77/64/sh
Buenos Aires	54/46/r	50/36/sh
Calgary	75/52/s	79/52/pc
Dublin	63/52/r	64/54/sh
Geneva	83/58/s	83/61/pc
Moscow	72/57/pc	70/55/sh
Rome	86/66/s	88/70/s
Sydney	73/52/s	72/52/pc
Tokyo	79/75/t	86/75/sh

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Bizarro | Dan Piraro**Cornered** | Mike Baldwin**Pooch Cafe** | Paul Gilligan**Pearls Before Swine** | Stephan Pastis**The Duplex** | Glenn McCoy**Horoscope**

By Stella Wilder

CANCER (June 21-July 22) Watch over your financial resources carefully. Don't let someone talk you into spending that is unnecessary and foolhardy.

LEO (July 23-Aug. 22) You may feel as though progress has slowed. Use the opportunity at this time to assess your strengths and weaknesses, and prepare.

VIRGO (Aug. 23-Sept. 22) Someone will be expecting you to step up and do something to prove what has been said about you lately. You can do it, surely.

LIBRA (Sept. 23-Oct. 22) A little confusion is likely to arise surrounding the plans for a family function. Your efforts to solve the problem will triumph.

SCORPIO (Oct. 23-Nov. 21) You may be seeing things too simply or literally. Nothing is black or white; be willing to recognize shades of gray.

SAGITTARIUS (Nov. 22-Dec. 21) That which lies just around the corner is what has been driving you for quite some time. Now that you're very near, excitement rises.

CAPRICORN (Dec. 22-Jan. 19) You may be disappointed by your own performance, but it should be enough to hold you in good stead where authorities are concerned.

AQUARIUS (Jan. 20-Feb. 18) Now is no time to stand still and let the world go on without you. You want to take part, and only aggressive action will serve.

PISCES (Feb. 19-March 20) Opportunities are numerous at this time, but you may have trouble determining just what is required by each and every one of them.

ARIES (March 21-April 19) The more insistent you are, the more resistant others are likely to be. You'll want to try an approach that invites consensus.

TAURUS (April 20-May 20) The support you receive from another may be quite surprising — not just because of the form it takes, either.

GEMINI (May 21-June 20) Now is the time to deal with physical symptoms that have been lurking just underneath the surface for some time. Take care of yourself.

Today in History

1861 The first Battle of Bull Run is fought at Manassas, Va., resulting in a Confederate victory.

1925 The so-called "Monkey Trial" ends in Dayton, Tenn., with John T. Scopes convicted of violating state law for teaching Darwin's Theory of Evolution. (The conviction was later overturned on a technicality.)

1961 Captain Virgil "Gus" Grissom becomes the second American to rocket into a sub-orbital pattern around the Earth, flying aboard the Liberty Bell 7.

1999 Navy divers find and recover the bodies of John F. Kennedy Jr., his wife, Carolyn, and sister-in-law, Lauren Bessette, in the wreckage of Kennedy's plane in the Atlantic off Martha's Vineyard.

1980 Draft registration begins in the United States for



The remains of a victim of the Kennedy plane crash are carried July 21, 1999.

19- and 20-year-old men.

2008 Eric Dowling, who helped excavate tunnels used in the breakout from a World War II German prison camp that became known as the "Great Escape," dies in Bristol, England, a day before his 93rd birthday.

lookout people



Rule 1: Should not look like Graceland.
Rule 2: Should not look like Neverland.

MEMORIALS
U.S. Would Never Let Icon Be Honored in Poor Taste

The former home of **BRUCE LEE** is now a love motel, renting rooms by the hour. But officials on Monday launched a design competition to turn it into a Hong Kong museum for the kung fu icon. Lee's fans have been calling for an official monument to their hero for years. (AP)

HOBBIES
Actor Should Do More Acting, Less Driving

Miami Beach police say they arrested "Burn Notice" star **JEFFREY DONOVAN** July 12 on suspicion of drunken driving. The arrest report says an officer pulled Donovan over after noticing that he swerved his car to avoid hitting the police car from behind. (AP)

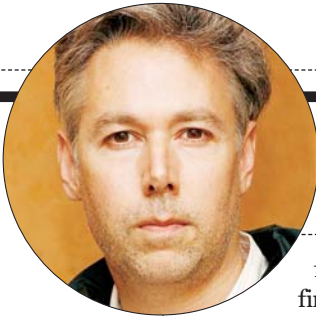
expressnightout
Find the latest celebrity news and photo evidence of stars' sordid lives at WWW.EXPRESSNIGHTOUT.COM.



HUBRIS
So, You Think You Can Act?
PADMA LAKSHMI, host of "Top Chef," has signed a deal with NBC and Universal Media Studios to create a sitcom, Variety reported. In keeping with her background, she would star as a woman working in the culinary industry. Lakshmi has acted before, in the miniseries "The Ten Commandments," the movie "Glitter" and other shows and films. (EXPRESS)

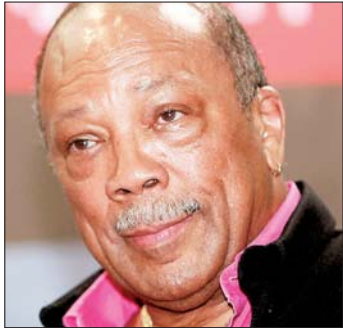
AILING
Beastie Boy Has 'Very Treatable' Variety Of Cancer

Beastie Boy **ADAM YAUCH** has what is described as a "very treatable" cancerous tumor in his salivary gland. An announcement came Monday from the group, which is canceling its tour dates and postponing an album release. A statement says the tumor was



Adam Yauch has a cancerous tumor in his salivary gland.

found early. It's confined to one area and is considered very treatable. He will need surgery and other treatment, but the statement says his vocal cords will not be affected. The 43-year-old Yauch is not only part of the pioneering rap group, but he has also emerged as a film producer. (AP)



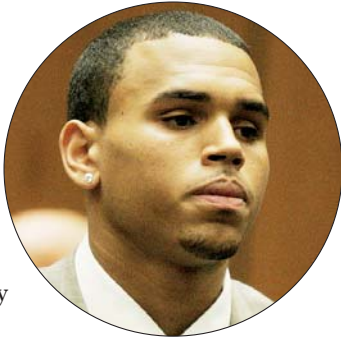
Ladies and gentlemen, the random, aimless musings of Mr. Quincy Jones!

TRIVIAL
No Anniversary Too Small When It's About the Moon

QUINCY JONES won't fly to the moon — but his music did. As the crew of Apollo 11 rocketed toward their moon landing on July 20, 1969, Buzz Aldrin listened to Jones' arrangement of Frank Sinatra's "Fly Me to the Moon." In a recent interview, Jones said that when he heard the news, it was "like something that's surrealistic." (AP)

REMORSE
Singer Apologizes to All

CHRIS BROWN has publicly apologized for his beating of Rihanna. Brown released a two-minute video on his Web site on Monday apologizing to fans and saying he is sad and ashamed of his conduct. Brown says on the video he wanted to speak out earlier, but was advised not to by his lawyer. (AP)



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puzzles lookout

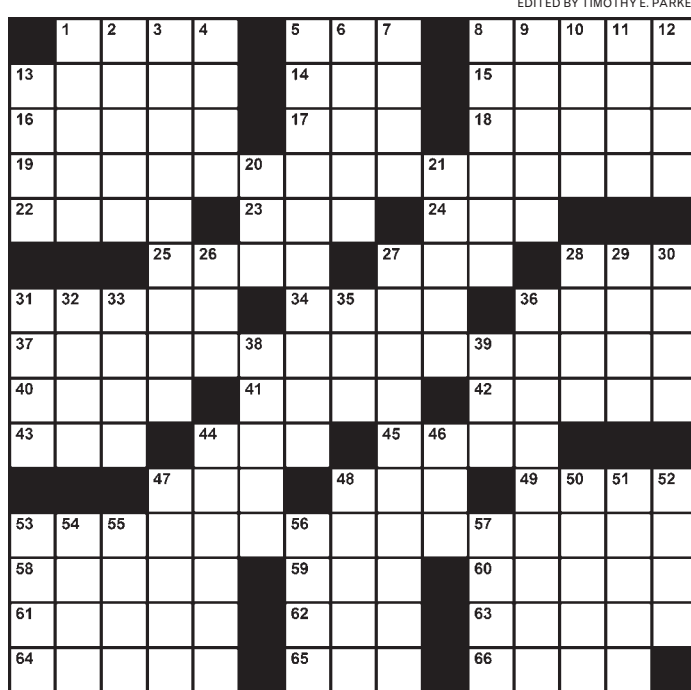
CROSSWORD | EARLY RISER

ACROSS

1 "Peter Pan" pooch
5 Physicist's workplace
8 "Down the ____!" (drinker's toast)
13 One Pillar Pagoda setting
14 Admirer's poem
15 Soap plant
16 Have a cast credit for
17 Big bang maker
18 Information bit
19 Hemingway saga
22 "Nothing to write home about"
23 Conversation, for some
24 "Carry On Wayward ____"
25 Adoring Biblical trio
27 Author Fleming
28 Family adoptee
31 Incite to action
34 Vehicle with a rotating top
36 "The Hunchback of Notre Dame" novelist
37 Hawaii doesn't observe it
40 "This is ____ a test"
41 Caisson's contents, briefly
42 It's unfathomable
43 "Clockers" director
44 Semi radios
45 Apportion (with "out")
47 "Ick!" evoker
48 Grass hopper's teacher, in Aesop
49 Earthbound bird
53 Expecting illness?

DOWN

58 Bee-fitting description?
59 "Caught in the act!"
60 Excessive hurry
61 Abalone product
62 Investigator, slangily
63 Befuddled
64 Get ____ of (contact)
65 One-point Scrabble tiles
66 "____ the twain shall meet"
1 Cheesy munchy
2 Adds to the kitty
3 In an offensively malodorous manner
4 Aboriginal Japanese
5 Functions for slide rules
6 Eighteen-and-over
7 Franklin and Vereen
8 Elementary particle
9 With masts fully extended
10 "Daddy Day Care" extras
11 Crossword puzzle?
12 ____ and haws
13 They may be tossed in the ring
20 Be a harpy
21 Yodo River mouth city
26 "When We Were Kings" athlete
27 Some night owls
28 Certainly not brawny
29 Breakfast option
30 Mix, as a salad
31 "American ____"

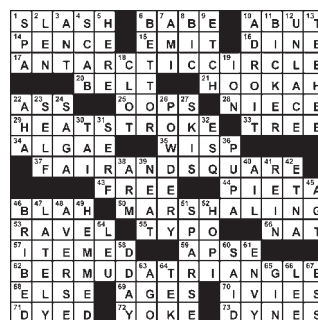


EDITED BY TIMOTHY E. PARKER

32 Hairs on the back of the neck
33 Gomer of Mayberry
35 Fast cash site
36 Emulate a bear
38 Libreville's country
39 Chocolate cauldron
44 Made up, as a new word
46 "And all that jazz"
47 Knotty tree protuberance
48 As white as a

sheet
50 "Siddhartha" author Hermann
51 Banana oil or pyruvate
52 Off the coast
53 "Give that ____ cigar!"
54 Aquarium beauty
55 "Miami Vice" character
56 Stadium entrance
57 Captain Kirk adversary

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Sudoku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

2	9	6	1	3	5	7	8	4
7	8	1	4	9	2	5	3	6
4	3	5	8	6	7	2	9	1
6	1	4	7	5	3	8	2	9
5	7	9	6	2	8	4	1	3
3	2	8	9	4	1	6	7	5
8	4	7	3	1	6	9	5	2
9	5	3	2	7	4	1	6	8
1	6	2	5	8	9	3	4	7

				8		6	3
	1			9			8
			7				1
	5					2	
1		6		2		5	9
	4				6		
3			6				
7			5			9	
4	5		9				

© PUZZLES BY PAPPOCOM

MILITARY MATTERS

SHIP'S HATCH

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